

# The U-Cure Powerbreak System Handbook

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## 1. Getting Started With U-Cure

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## Introduction

Dr. Coldwell's Power Break System is the basic component of his acclaimed U-Cure System™, the world's most advanced scientifically grounded self-help training system. This system represents the synthesis of 30 years of research, therapy and self-help applications proven to target and eliminate the root causes of mental and emotional stress which inevitably can lead to illness.

When you use this system you will be training your brain from the ground up, and you will discover that what you are experiencing is nothing less than a total rehabilitation of your brain's cognitive functions. These applications have been scientifically proven to:

- \* Eliminate the root causes of mental and emotional stress that inevitably leads to illness.
- \* Facilitate active stress reduction and regeneration of the entire nervous system.
- \* Enable your body to utilize its maximum level of oxygen, a crucial component for optimizing your health and energy level.
- \* Boost your determination, self-esteem, confidence, and power to act.

In addition, most people:

- \* feel a sense of calm with more energy and lucidity than before.
- \* Feel rested and better able to cope with and solve problems.
- \* Most report they are better able to sleep at night.

As this handbook will explain, your Power Break™ sessions require 21 consecutive sessions of 20 minutes each. Accordingly, from the day you begin, and for the succeeding 21 days, you are the most important person in your life! Regardless of your responsibilities, commitments and duties, you must prioritize your schedule to allow yourself 20 minutes per day for the next 21 days. Just as with the rehabilitation of an injured back or limb, the rehabilitation and training of the brain takes commitment and persistence to regain optimum performance. If you commit this tiny fragment of your day to yourself, you can derive energy and health benefits beyond your imagination.

After the initial installment of the system into your nervous system, you should use it as often as you feel you need it!

- \* Take responsibility now!
- \* Make the commitment now!
- \* Take control now!
- \* The 20 minute path to peak energy and optimum health!!!
- \* Results vary with every person.

In the context of this handbook, for ease of writing and reading, we call Dr. Coldwell's U-Cure Power Break System™ simply Power Break™.

**IMPORTANT INFORMATION!** PLEASE READ BEFORE USING THE POWER BREAK™ AUDIO PROGRAMS

- \* Do not listen to Power Break™ sessions while driving as they are a “closed-eye” process.
- \* Listen to Power Break™ sessions only through stereo earphones.
- \* You will need to sit or lie quietly with your eyes closed preferably in a darkened room with your feet up.
- \* NO interruptions! Turn off your phones and alarms.
- \* Do not open your eyes during the entire session or you will interrupt the relaxation and self-conditioning process.

If you are taking prescription medication for anxiety or depression, or drinking alcohol or ingesting other chemical substances, your Power Break™ session will be less effective. It is recommended that you eliminate everything, except prescription medications you are using under a doctor’s supervision.

If you are concerned about a specific health condition you must seek the advice of your health professional prior to the use of these programs.

### **Power Break™ Empowerment Package**

Your basic package includes:

1. The Power Break™ System Handbook. Read this Handbook in its entirety prior to listening to your sessions.
2. Three Power Break™ CD sessions. The CDs include "Total Relaxation," "Breathing Techniques," and "Self Healing."

### **FOR BEST RESULTS**

Start with the "Total Relaxation" cd, as this is the basic stress reduction system which provides the foundation for all other sessions. This session provides the relaxation, energy, control and understanding to achieve optimum results with the sessions that follow. Be sure to listen to "Total Relaxation" three consecutive times before listening to another cd.

Next, listen to "Total Relaxation" three times, followed by "Breathing Techniques" two times. These clinically proven breathing techniques enable your body to utilize its maximum level of oxygen, a crucial component for optimizing your health and energy level.

After "Breathing Techniques," listen to "Self Healing" twice. "Self Healing" is one of our most popular sessions which will enable you to tap into the root cause of your health challenges.

**NOTE:** After completing your initial seven sessions, you may then choose to repeat the process two more times or mix sessions as necessary to suit what instinctively fits your mood at the moment. Just remember to complete 21 consecutive sessions in 21 days after which time you should use your Power Break™ sessions regularly based on your stress level and needs.

## **SUGGESTIONS FOR USE**

- \* The "Total Relaxation" cd is for active stress reduction and regeneration.
- \*The "Breathing Techniques" cd is great for optimizing your health and energy level.
- \* The "Self Healing" cd is great for neurological programming perfect health and healing the past.
- \* Results will vary with each person.

## **Information about the basic package CDs**

**"Total Relaxation" cd.** Emotional, mental and physical stress can cause much damage to your health, and the only effective way to prevent this is to experience frequent and effectual deep relaxation phases because the body only regenerates and heals when in this state and/or deep restful sleep. This session represents the core of the U-Cure System™ and the foundation for the Power Break™ sessions as it produces the most efficient relaxation phase in just 20 minutes, the equivalent of hours of deep restful sleep. This session should be used as frequently as is necessary.

**"Breathing Techniques" cd.** A lack of oxygen has been shown in many studies to be a possible cause of cancer and many other illnesses. This session provides the techniques and the means to improve your breathing and oxygen level while in a state of total relaxation and absolute clarity of mind. Optimum breathing can noticeably change the quality of your health and energy level.

**"Self Healing" cd.** This session can have an instant and dramatic positive effect on your health as it stimulates the body's self healing powers and regeneration process. It is the best possible self help session to take charge of your health by tapping into the root cause of illness. It also helps heal the past.

## **Power Break™ - Self-Help Without Competition!**

Power Break™ is a self-help system completely free of any form of manipulation as the system applies your personality and character traits to realize your personal dreams, goals and instincts by giving you total control over your self-conditioning and stress reduction. The Power Break Zone, a state developed by Dr. Coldwell, is the state you attain during your session when your body is physically totally relaxed while your brain is clear and alert giving you total control over your session and outcome, and enabling you to holistically address the root cause of stress and stress related health problems.

This system is the only known system that can guarantee that there is no manipulation of any kind and that all conditioning is entirely determined by you.

## **World Wellness Organization™ reviews other techniques:**

**Hypnotism** is based on manipulation and can make people dependent, schizophrenic, mentally and emotionally weak, and/or can eventually lead to multiple personality disorder or delusions.

**Meditation** is usually only good for short term relaxation and can lead to passivity.

**Positive thinking** can lead to tragedy, failure and even death because it is generally followed by inactivity and/or passivity. Positive thinking without positive actions is a guarantee for failure.

**NLP** is the most dangerous of all techniques as it can suppress emotions and the cause of problems; it can also hide important symptoms with very dangerous consequences. In health conflicts, it can camouflage or suppress the symptoms and root cause of illness and cause or increase major health problems.

### **Step by Step Instructions for your Power Break™ session**

**What you need:** CD player, stereo earphones, eye mask or hand towel (optional, but recommended for darkness,) comfortable chair or bed, blanket, quiet place.

- \* Turn off telephones, TV, radio and any other controllable noise. Use the rest room prior to your session. Avoid any air fragrances (no candles, aromatherapy, incense, etc.) No food, gum, candy, etc. during a session.
- \* Ensure total comfort and positioning in a chair (recliner is best) or bed with no pressure on any body parts. (For best effect, your body should feel completely free.)
- \* Cover up with a blanket to avoid a distracting draft or chill.
- \* Close your eyes (eye cover is ideal) and start your session.
- \* If necessary set an alarm (clock radio) to go off in 22 minutes if you have a pressing engagement. This will only be necessary (in case you fall asleep) during the first few sessions.
- \* To ensure you get the best possible result, you need to enjoy your session in an environment where you feel safe and can completely relax without the worry of any external interruption (noise of any kind) or stimulation (hot or cold, fragrances, etc.). It is important to keep your eyes closed (darkness is best) while you experience your session.

**NOTE:** For optimum relaxation and effective self-conditioning, everybody should listen to 3 "Total Relaxation" sessions before listening to the others.

Results will vary with each person.

It is important to listen to your Power Break™ sessions once a day for 21 days as each session builds on the previous session. If you miss a day, you lose the previously laid foundation, and the process starts over from the beginning, meaning you must start with Day 1. After 21 days, you can use your sessions regularly according to your stress level.

**First time users:** If you are suffering from mental exhaustion and/or extreme mental or emotional stress, you may fall asleep during the initial sessions. Do not be alarmed; this condition will soon disappear as you proceed through the process. In these instances, the body is using the deep and restful sleep for optimum energy generation.

### **Dr. Coldwell answers your questions**

#### **Q: What is Power Break™?**

A: Power Break™ sessions are the stress reduction, re-energizing component of my U-Cure System™ which is a comprehensive life enhancing self-help system for all aspects of the human condition.

#### **Q: Why does a Power Break™ session work?**

A: A Power Break session is the culmination of 30 years of research and clinical practice which have produced the perfect combination of brain function enhancing music and open suggestions for individual interpretation. The audio based program generates a mental visualization process, unique to the listener that facilitates a specific positive reaction to the sounds and words transmitted in a particular session. The process employs music purposefully composed to help synchronize the brain hemispheres and promotes the generation and growth of new dendrites (neuron connections). The music focuses the brain on specific brain frequencies in conjunction with specific verbal suggestions. This process stimulates the nervous system enabling the listener to be revitalized and energized in 20 minutes

#### **Q: What are dendrites?**

A: Dendrites are the connections (neuron connections) between the nerve cells in the brain. The more dendrites you create, the higher your brain capacity or rather the more efficient your software. Dendrites are like putting faster, more advanced microchips in your computer so that the computer becomes more effective.

#### **Q: Why do I need Power Break™ sessions?**

A: Everybody has stress, but if you regularly take time to regenerate, recharge and revitalize, you are likely to avoid most major health challenges. A Power Break™ session provides your brain/body with the regeneration necessary to help you feel happier, healthier, younger and energized.

#### **Q: What are the immediate benefits after listening to a U-Cure cd?**

A: After a session, most people feel a sense of calm with more energy and lucidity than before. They generally feel rested and better able to cope with and solve problems. Most report they are better able to sleep at night. The more sessions people experience, the better the results.

#### **Q: What is covered in a U-Cure cd (or session) ?**

A: Each cd features a 20 minute audio program. It starts with 5 minutes of a musical massage that induces relaxation and clears your mind. This is followed by a 15

minute narrative with a stimulating musical accompaniment that takes you on a mental vacation. The narrative employs messages that generate personalized mental images to create maximum benefit. After a session, most people feel as though they just had a restful night's sleep, leaving them energized, regenerated and revitalized!

**Note:** The techniques, sounds and music used in the audio session are based on modern science, clinical research, and therapeutic experience and have no religious or organizational affiliations.

**Q: Why is it important to listen to U-Cure with stereo earphones on?**

A: The U-Cure sessions are designed to deliver specific sounds to each ear in specific frequencies at specific times in order to achieve the highest neurological stimulation. It is imperative that the sessions be heard through stereo earphones; otherwise they have little effect.

**Q: What happens during a session?**

A: Each session is derived from 30 years of scientific research and therapeutic experience. The music and suggestions are delivered with precise timing in a specific brain frequency at exactly the right moment to enable the brain to maximize its capabilities. The opening 5 minute "musical massage" induces you to physically relax and clear your mind. In this relaxed state your brain becomes very alert and begins to function at optimal capacity. You are thus primed to process the subsequent 15 minute self-activation message and stimulate whatever conditioning you want to achieve; i.e., relaxing and regenerating, optimal breathing, taking control.

**Q: For best results, how many times do I need to listen to the U-Cure cds?**

A: Imagine you are installing a new software program in your computer (or brain). In order to operate the program you must complete the installation. It is the same way with Power Break™. For a complete installation of the U-Cure program, it is important that you experience a session at least once every day for 21 days. If you skip a day, the process must be restarted. It takes 21 CONSECUTIVE days to generate and permanently install new dendrites (neuron connections). Remember, your brain is a sophisticated computer; it operates on your personal software. After 21 consecutive sessions, use your Power Break™ sessions as little or as much as you like.

**Q: What will a Power Break™ session do for me?**

A: Most Power Break™ users report the following results:

- \* Increased energy
- \* Stops slumps/dips during the day
- \* Improved optimism
- \* Improved self-esteem
- \* More effective management of life problems
- \* Improved sleep patterns; awaken rested and alert.
- \* Increased productivity

- \* Calmer nervous system
- \* Enhanced libido
- \* Increased coping skills
- \* Clarity
- \* Improved quality of life
- \* Reduced emotional pain and suffering
- \* Accelerated recovery from physical manifestations of stress
- \* Enhanced immune function.

**Q: How is the Power Break™ system different from other stress reduction programs?**

A: Power Break™ programs are designed in such a way that all the suggestions follow a very specific sequence. It provides an audio road map that unlocks the power of the brain by using the real language of the brain (individualized symbols). There is no outside manipulation of any kind in any of the Power Break™ programs. Manipulation creates dependency on someone or something outside your control. Power Break™ targets the root cause of emotional stress. As you experience your session, your brain is functioning at its optimum learning level; building new dendrites (neuron connections) by absorbing new stimuli that you alone create to achieve your specific goals. Through these sessions you are able to define and resolve the root cause of your individual stress related challenges.

**Q: What is the fundamental difference between a massage, a facial or other physical relaxation therapies, and a Power Break™ session?**

A: Massages, facials and other forms of physical therapy are wonderful for muscle relaxation and better blood and partial oxygen flow. However the benefits are short term (lasting only an hour or so) and do not address the root cause of mental and emotional stress.

**Q: How do the Power Break™ audio stress reduction sessions differ from other audio programs?**

A: Dr. Coldwell created the U-Cure Power Break cds after decades of research, study and experimentation. Dr. Coldwell was driven by a personal quest-- to find a cure for this mother's cancer. He created U-Cure to help people, but it is also based in scientific research. This makes U-Cure different from other audio programs, which are often created by people who are inexperienced, misdirected, naïve or lacking in knowledge and education. Much of the background music on other stress control cds doesn't follow scientific rules and principles, rendering them ineffective.

Research by the World Wellness Organization showed that audio programs which keep the listener only in the alpha brainwave state, will not produce permanent changes or results. The World Wellness Organization researched various stress management programs and found that relaxing a person for more than seven minutes causes the brain to produce sleep hormones that can leave the person tired for the entire day, thus negating subsequent benefits.

**NOTE:** *Dr. Thomas Hohn, M.D., a noted stress therapist from Germany, has stated that there are no other audio programs on the market today that rival the results of Dr. Coldwell' U-Cure Power Break™ System.*

**Q: What is so “unique” about Power Break™ programs?**

A: Power Break sessions target the root cause of emotional and mental stress. My sessions transport you to the “Power Break Zone™” a state of profound relaxation that stimulates the brain to become acutely focused and alert. In this state, your brain has the ability to create hemisphere synchronization (when both sides of the brain function at the same time) building the new dendrites (neuron connections) necessary for permanent, positive changes. This is the perfect state for regeneration and self-programming.

**Q: What benefit do I receive from being in “The Power Break Zone™”?**

A: You can most efficiently program all the mental, emotional and/or physical changes you desire. You will find you can define and eliminate the root cause (negative life circumstances or unhealthy behavior) of your mental and emotional stress. Furthermore the Power Break Zone™ is an ideal state for decision making and developing individualized action plans. You are able to think with a previously unknown clarity, free from outside mental manipulation, which in turn allows you to take total control of your life through effective self-conditioning. Because Power Break™ is entirely a self-help system, you automatically learn through repetition to control your neurological conditioning in the most beneficial way.

**Q: How can these sessions make positive changes in my life?**

A: In order to make a positive change in your life, you must first commit to change. Then you must program your brain to produce the change. Effective programming requires that you use the language of the brain to visualize the change through your own symbols and personal motivation in order to shape a lasting result. The Power Break™ system is the only system we knew of that has decoded the language of the brain to allow you to achieve permanent positive results. The Power Break™ system is not a positive thinking system; it is a positive action system.

**Q: Will I feel energized after a Power Break™ session?**

A: Yes. By entering the Power Break Zone of total relaxation you give the nervous system a break. Your body and mind are able to recharge, which can provide you with the regeneration equivalent of hours of restful sleep. Thus you feel energized and ready to handle life’s challenges; full of energy, self-confidence and determination.

**Q: Is Power Break™ similar to hypnotism or meditation?**

A: No, the Power Break™ system is the antithesis of manipulative (hypnosis) or passive (meditation) techniques. It is a self-actualized action program in which you are always in complete control. Each program is narrated in the first person (“I” form) so that you create uniquely personal pictures in your mind as you follow the narrator’s “neutral symbol” suggestions. Because you associate with your personal experiences, your brain ignores any symbols that hold no meaning for you. In this way, you control the outcome of your session, the true definition of a self-actuated action program.

**Q: What is the most important benefit of a Power Break™ session?**

A: Self-reliance through self-control is the most important benefit. A Power Break™ session provides the perfect self-conditioning state for stimulation of the brain to produce all the neuro-chemical and bioelectrical changes necessary for optimum health and regeneration. With this new energy, and mental and emotional clarity, you can take charge of every aspect of your mental, emotional and physical health. This is possible because the dendrite building process allows you to add permanent, usable, knowledge, skills and techniques for your life development. The more you use the system, the more you benefit from the system.

**Q: What items do I need for a Power Break™ session?**

A: You need a CD player with stereo headphones, a comfortable chair (recliner) or a bed, a quiet dark place (eye cover optional) with no sound (TV, phone, dogs, children, etc.) and a blanket to avoid chills. Do not use candles, incense or any aromatherapy products as artificial fragrances will distract and detract from the overall benefit of the session. You do not need any external stimulation whatsoever, and we strongly suggest that you have none to achieve optimum results.

**Q: What can I expect from the first session?**

A: Typically, the first session is not as effective as those that follow. This is because of initial skepticism, fear of the unknown, and the natural curiosity to analyze what is happening to you. All of these things are distracting. These distractions typically disappear after the second session. You will progressively feel better and more energized after each session as the effects of the sessions build upon one another.

**Q: What can I expect from subsequent sessions?**

A: The second session is more effective than the first, but the third session is even better because your nervous system becomes acclimated to the deep physical relaxation and mental clarity and instinctively craves more. Around the fifth session (each person reacts differently), there is typically another breakthrough as you discover a relaxed sense of focus and ability to cope. Typically by the sixth session, the brain begins installing positive neurological changes (i.e.: building dendrites) which is when you learn how to control your stress more effectively, feel more energized and experience more joy. It is at this point that self-acceptance and self-confidence improve with each session. But the magic number is 21, at which point the software (dendrites) is usually permanently installed so that all subsequent sessions have immediate benefits on an as needed basis.

**Q: When and how often do I need a session?**

A: Everybody can benefit from a Power Break™ session. Although the outcome varies for each individual, you especially need a session whenever you feel particularly stressed or run down. Remember that it is on-going stress without a break that can cause a health breakdown so a session will provide the necessary break for the regeneration you need to maintain your health. How often you need a session depends entirely on your individual stress level. Stress is like dirt - it keeps

piling up unless you wash it off or reduce it. In other words, you need to keep reducing stress on a frequent basis or it can lead to a health breakdown.

NOTE: It is impossible to overdose on Power Break™ sessions, and there are no known adverse side effects.

**Q: After I listen to U-Cure, how long do the effects of a session last?**

A: The effects of a session can last quite a while, but it depends entirely on your individual stress level. Since there is no limit to how many sessions you can have, you should simply have a regenerating session when you feel particularly tired, exhausted, depressed, hopeless or weak and need to regenerate.

**Q: Which Power Break™ sessions are available?**

A: The following three cds are included in the basic Power Break™ Empowerment Package:

**"Total Relaxation" cd.** This is the standard program and the foundation session for all ensuing programs. It is the perfect relaxing regenerating program.

**"Breathing Techniques" cd.** This is an interactive session that is particularly good for people who have difficulty concentrating. This session increases oxygen and blood flow throughout the body while relaxing and regenerating.

**"Self-Healing" cd.** Heal the past, address issues and rid yourself of current illness. Get a burst of rejuvenation!

**CONCLUSION**

Because the Power Break™ sessions have a positive impact on your brain's capacity to visualize and create, you soon learn to gain more control over every part of your life, which automatically leads to improvement in your self-esteem and self-confidence. Elevated self-esteem and self-confidence contribute to improved mental and physical health.

**Disclaimer.** *This system is not intended to diagnose, treat, cure or prevent any disease. The Power Break™ sessions are intended to be used by mentally fatigued, highly stressed, but otherwise mentally healthy people. This process is not designed to address clinical depression. This is an educational self-help system and as such every outcome is the sole responsibility of the user. There is no external manipulation in any form. The audio programs are instructive, self-help training sessions. Power Break™ sessions cannot and should not be used as or construed to be a substitute for a physician's visits, diagnosis, treatment, advice or any other therapy related issues. If you have any concerns about any mental or physical conditions ask your physician before using this product. Dr. Coldwell, the producers and sellers of this system assume no responsibility for any negative side effect from the use of this system or products.*

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### **The Deadly Stress Cycles: Stress, Energy Loss, Illness**

*"The primary cause of illness is lack of energy; the primary cause of lack of energy is stress."*

Dr. Leonard Coldwell

### **Overweight**

Stress causes many people to overeat and gain unwanted pounds; which causes more stress, which leads to more eating and so on. A generally unrecognized fact is that when you are stressed your digestive system basically shuts down so you are unable to convert food to energy... and, in the opinion of the author; lack of energy is the primary cause of illness.

### **Depression**

Stress can lead to anxiety, which can lead to depression, which can lead to more anxiety then more depression, and so the cycle continues. The end result is, it all leads to lack of energy, and lack of energy is the primary cause of illness.

### **Health**

Stress induced health breakdowns lead to increased stress which leads to a weaker immune system, thus resulting in greater and more dangerous health breakdowns. This cycle stems from lack of energy, and lack of energy is the primary cause of illness.

### **What is stress?**

Stress is the body's reaction to a primary stimulus... danger. Danger is perceived by human beings as anything that threatens their mental, emotional or physical well being. Under stress, people can experience confusion, loss of control, abnormal behavior, and irrational fear. Dating from our primeval ancestors, when the body is threatened with danger, it immediately produces stress hormones. These hormones trigger fight or flight reactions, but since people cannot run or fight in normal life situations, the hormones stay in the body and alter emotional, mental and physical behavior. This can lead to abnormal actions and reactions such as binge eating, panic attacks, nervous or physical breakdowns, random aches and pain, depression, burnout; even suicidal tendencies.

### **Are mental, emotional and physical stresses different?**

YES. Mental stress comes from creating or remembering disturbing mental images. Examples would be creating negative outcomes of future events such as an irrational fear of being fired or humiliated or harmed; or recalling threatening situations, domineering parents, abusive caretakers or teachers or spouses, etc.

Emotional stress comes from experiencing threats, severe illness, worry, hopelessness, helplessness, self-doubt, fear of failure, lack of self-esteem, or living with unfair compromise. Some examples would be suffering in a bad relationship or oppressive work environment, being physically or emotionally abused, undergoing divorce or bankruptcy or death of a family member, or being helpless to aid or comfort a loved one.

Physical stress comes from exceeding normal physical capabilities that lead to physical exhaustion. Examples would be excessive drinking or eating, exhaustive physical exercise, constant extreme pain, sleep deprivation, unruly children, and working under deadlines. Also included are internal toxic and/or acidic reactions, some allergies, as well as nutritional deficiencies.

**NOTE:** All three stresses can be interdependent and interrelated.

### **Is any type of stress worse than another?**

Yes. Continuous, uninterrupted mental and/or emotional stress often goes unrecognized and untreated. This will sap the body's energy reserves and will eventually lead to a health breakdown and severe illness. Complete physical exhaustion (stress) will halt the body's ability to continue any activity at a specific point in time, but seldom causes a health breakdown. Physical stress can be alleviated by proper rest and nutrition and/or reducing workload.

### **What are some of the symptoms of mental and emotional stress?**

The symptoms of mental and emotional stress can be divided into two categories, physical symptoms and psychological signs.

**Physical Symptoms:** Exhaustion, fatigue, lethargy, headaches, migraines, vision problems, heart palpitations, racing pulse, rapid shallow breathing, muscle tension, aches, spasms, dehydration, joint and back pain, shakiness, tremors, ticks, twitches, paralysis, nervousness, panic attacks, heartburn, indigestion, diarrhea, constipation, nausea, dizziness, ulcers, dry mouth and throat, sexual dysfunction, lowered libido, excessive sweating, clammy hands, cold hands and/or feet, poor circulation, rashes, hives, itching, eczema, adult acne, nail biting, fidgeting, hair twirling or pulling, loss of appetite, bulimia, anorexia, obesity, overeating, sleep difficulties, insomnia, teeth grinding, asthma, allergies, increased use of alcohol and/or drugs and medication, high blood pressure, weakened immune system.

**Psychological Symptoms:** Irritability, impatience, anger, hostility, anxiety, panic, worrying, denial, agoraphobia, moodiness, bipolar tendencies, sadness, feeling upset, energy swings, emotionally exhausted, overwhelmed, involuntarily crying, depression, helplessness, hopelessness, lack of self-esteem, neurotic or uncommon behavior, schizophrenia, paranoia, claustrophobia, ADD, ADHD, intrusive and/or racing thoughts, memory loss, lack of concentration, indecision, lack of motivation, frequent absences from work, lowered productivity, feeling overwhelmed, loss of sense of humor,

**Why does stress affect our health?** All illness stems from a lack of energy! Emotional and/or mental stress is the greatest energy drainer affecting humans.

Continuous, uninterrupted emotional and/or mental stress will inevitably lead to an energy breakdown, which in turn will be followed by a health breakdown.

**Does stress really cause health problems?** Yes. Stress can cause dehydration, nutritional deficiencies, lack of oxygen and restful self-healing phases. Stress is also one of the main causes for diseases and symptoms, such as cancer, heart disease, ADD/ADHD, Parkinson's, Alzheimer's, sexual dysfunction, bulimia, pre-aging, lowered immune function, rheumatic/arthritis/fibromyalgia, and joint and muscle pain, constipation, insomnia, memory loss, suicide, toxemia and acidosis.

**Is dealing with stress really that important?** Yes. Untreated mental and emotional stress can shorten life expectancy and destroy quality of life. What is more important than that?

**What is the primary physiological effect of stress?** Chronic stress leads to dehydration, one of the primary causes of physical degeneration, atrophy, and death.

Scientifically confirmed symptoms of dehydration are DNA damage, Lowered immune functions, Inability to absorb foods, vitamins and minerals, Lack of energy supply from digestion, Reduction in efficiency of red blood cells.

Some emotional manifestations of dehydration include depression, anxiety, feelings of inadequacy, irritability, dejection, self-consciousness, cravings (caffeine, alcohol, drugs, etc.) and agoraphobia

**Scientifically recognized physical signs of dehydration include:**

- Fibromyalgia
- Asthma
- Bronchitis
- Allergies
- Indigestion/acid reflux
- Chronic arthritic pain
- High blood pressure
- Higher cholesterol
- Chronic fatigue syndrome
- Angina
- Strokes
- Ear related symptoms, dizziness, equilibrium problems
- Deafness
- Visual problems
- Cataracts
- Vitreous detachment
- Uveitis
- Multiple Sclerosis

**Note:** The main cause of dehydration (other than not drinking water) is stress!

**Some facts to consider:**

Scientists at Cambridge University have evidence that the human life potential can reach 160 years.

112 million people take stress related medication.

250 million prescriptions for tranquilizers are filled annually.

25 million Americans suffer from high blood pressure.

15 million people have social anxieties.

14 million are alcoholics.

5 million people are depressed.

3 million people suffer from panic attacks.

1 million people have heart attacks each year.

Muscles are a primary target for stress; manifesting in cramping, spasms, back and jaw pain and tremors.

Stress can play a significant role in circulatory and heart disease, sudden cardio death and strokes.

Stress can increase blood pressure, raise cholesterol levels and speed up blood clotting.

Stress causes more heart disease than smoking.

Heart disease kills more people than any other disease.

The Harvard School for Public Health published that 65% of all cancer can be prevented by diet.

The American Cancer Society published that at least one third of all cancer could be prevented by diet.

Studies have shown a 66% decrease in cancer among women with a higher oxygen level.

Mainstream medicine agrees that your body can only heal while asleep.

Experts worldwide agree that a positive attitude contributes to a major part of health.

### **A Scientific Review of the Power Break™ System**

Every Power Break™ session provides stress reduction. However, it is important to note that while you are in a state of deep physical relaxation and total mental clarity, it is also possible to effectively and quickly condition your brain to achieve specific objectives like building self-esteem, improving your golf game, conquering test anxiety, overcoming trauma, etc. Every Power Break™ session can provide an immediate benefit to everybody because with the body's enhanced ability to fully relax, it is supplied with an abundance of energy, oxygen, nutrition and optimum blood flow.

Fundamentally, the system works because the brain needs a comprehensive blueprint and the proper software to direct the nervous system to achieve a desired goal. Normally this blueprint develops over years of trial and error decision making combined with constant repetition, which is the foundation for dendrite formation (software) that directs your mental activities. Using golf as an example, it takes years of practice and on course play; selecting clubs, relaxing, focusing, aligning, breathing, and swinging, all of which are components of the blueprint to pull off the perfect game. By practicing you build the dendrites (software) to execute the swing and play the game. The Power Break™ system assists you in achieving your goal faster than all the years it would normally take because you can quickly condition your brain to perform the desired swing and play your desired game while listening to the Power Break™ program. Results will vary with each person.

Remember, the Power Break™ program utilizes a combination of brain states and generic "I" based audio commands to effectively program the mind and nervous system so that the result you want is permanently installed as software in the brain. It is important to understand that you must be in a specific brain state at a specific time in order to achieve the proper programming. You must be in the beta state (14-30 hertz) to clearly define your objective. You then must shift to the alpha state (7-13 hertz) to be able to create a blueprint for action. Immediately thereafter you must return to the beta state (14-30 hertz) to commit to the blueprint. Then you must transfer to the theta state (3-6 hertz) so that the brain can begin building the new dendrites and install this new software throughout the nervous system.

**Note:** The brain has no sense of the concept of time.

With this process, you are able to produce results that might normally require years to produce. The Power Break™ system was created to function within the natural mechanism of the nervous system which is why the sessions are so effective. It simply allows natural neurological mechanisms to function faster and more efficiently.

**Note:** You can only achieve objectives that are intrinsically beneficial and derived from your personal goals and desires.

If you instinctively believe that your objective is right for you then you will achieve it. While the Power Break™ system facilitates your ability to achieve your objective faster and more efficiently, be aware that any stress reduction or conditioning system that is not based on your instincts will not be permanent and can cause negative effects. For instance, hypnotists use the alpha state to manipulate and control human behavior and can direct you to behave in a manner contrary to your natural instincts for a limited time (witness the ridiculous antics of hypnotized subjects on stage), but once you return from alpha state, there is no further programming. This is because you cannot build dendrites in alpha state; therefore, there is no software to initiate further action. This is why hypnotic suggestion has to be constantly repeated. It is, in fact, brainwashing. The person being hypnotized is required to give control of their mind to the brainwasher. We believe this can be harmful and can even cause multiple personality disorders in some subjects. It surely creates a dependency in the subject and has the potential to lead to bipolar disorder and in extreme cases paranoia and/or schizophrenia.

### **The Founder, Dr. Leonard Coldwell**

After 16 years as a General Practitioner in Europe, Dr. Coldwell left general practice to concentrate on his applied research in stress and stress related diseases, with particular emphasis on Cancer. Along the way, he became a noted consultant and trainer for multinational corporations, charitable organizations and medical institutions. He moved to Charleston S.C. in 1998 where still resides. He is the founder of the "Modern Therapy Centers" and the "Foundation for Crime and Drug Free Schools and Health for Children". He is also President of the "World Wellness Organization™".

While in Europe, Dr. Coldwell was the author of 8 bestselling books, countless articles, and hundreds of self-help audio programs. He remains a syndicated columnist with more than 7 million readers and continues to author one of the most

successful and widely distributed self-help newsletters in Europe. Over 2 million people have attended his life enhancing seminars.

In addition to his appearances on numerous TV and radio stations around the world, he frequently appears on American TV news shows, radio shows and newspapers. Soon after the tragedy of September 11, 2001, he was called on by the U.S. Naval Weapons Station in Charleston, S.C. to address stress related problems as an expert on traumatic stress relief. He continues to develop programs for firefighters and other professionals to relieve "stress", and he is active in the community as a volunteer for charity and nonprofit activities; particularly his "Foundation for Crime and Drug Free Schools and Health for Children".

In 2000, Dr. Coldwell made the decision to invest his time, knowledge and experience in teaching and consulting to help make a better world for children and parents. Through his children's foundation, he is helping teachers, parents and children deal with stress and drugs in the local schools. Further, he is well into the planning stages for the world's largest most comprehensive health resort in South Carolina. His plan is to house every mainstream, alternative, holistic and integrated therapy system in one location so that patients will have access to state of the art healing arts and practices in a wellness setting unique to the world.

Finally, Dr. Coldwell is in the final stages of completing a multimedia self-help library that addresses all aspects of life and the human condition.

### **Dr. Thomas Hohn writes about the U-Cure Power Break System**

#### **A scientific glimpse of the Power Break system** By Thomas Hohn, M.D.

Every Power Break session first and foremost provides stress reduction, but also simultaneously while in this state of deep relaxation, it is also possible to effectively and quickly condition specific objectives like building self-esteem, improving your tennis game, getting over test anxiety, etc. Every Power Break session provides an immediate benefit to everybody from the body's enhanced ability to fully relax which supplies the body with an abundance of energy, oxygen, nutrition and optimum blood flow.

The brain needs a comprehensive building plan (or blueprint) and the right software for the nervous system to effectively function so that you can achieve whatever you want to achieve. Normally this building plan is naturally developed over years of trial and error because with each trial and error you start building dendrites in your mind or in other words developing the software that will get you to achieve your goal. Using golf as an example, it takes years of practice experiencing swinging, breathing, standing, focusing, tensing the right muscles and learning movements, concentrating on feeling out the course etc. all of which are in fact the building plan; so that in the end you have the software to achieve the perfect swing and play the perfect game. The Power Break system assists you in achieving your goals faster than all the years it would normally take because you can quickly condition the perfect swing and play the perfect game while listening to the Power Break program.

This is possible because each Power Break program is developed to utilize a combination of the brain states and generic symbols to effectively program the mind

and nervous system so that the result you want is permanently installed as software in the brain. It is important to understand that you need to be in different brain states in order to achieve the proper programming. For instance, you must be in the beta state (14-30 hertz) to make clear decisions of what you want to achieve. To be able to create a blueprint, you must be in the alpha state (7-13 hertz), and then as soon as you have created this picture you need to immediately be in the beta state to consciously decide this is what you really want. Then you need to be in the theta state (3-6 hertz) after that so that the brain can immediately build the new dendrites and implement the new software throughout the nervous system. With this process, you are able to produce results that would normally take decades to produce. The nervous system naturally functions this way which is why Power Break is so effective by making the natural neurological mechanisms function faster and more efficiently.

One of the most important aspects to consider is that you can only achieve objectives that are healthy and based on your own personality, goals and desires. If your instinct thinks and feels that your goal is right for you then you will achieve it. The Power Break system facilitates your reaching and maintaining these goals faster and more efficiently. Just as importantly, you should be aware that any stress or conditioning system that is not based on your instinct will not be permanent and can cause negative effects. Like hypnotism, which uses the alpha state to manipulate and control human behavior, but this cannot work effectively because there is no possibility of dendrite building in this state; therefore, there is no software or micro chip. This is why hypnotism has to be repeated over and over again because it is brainwashing, meaning that you have no control over your actions, you give control of your mind to the brainwasher. This is harmful and can cause multiple personality disorders, and it destroys self-esteem and self-confidence.

### **U-Cure Power Break System - A Medical Research Study**

For the application of the Power Break system in cases of stress reduction and stress related illnesses.

#### **Background**

I have used Dr. Coldwell's U-Cure Power Break system in my clinic and at the Institute of Health since January 2001. I have also used it with great success in the Dr. Hohn Health Center in Berlin since April 2003.

For the first time in my 21 year career, I finally found a stress reduction system that is a medical and psychological treatment program not only easy to use, but that also produces consistent results from the 20-minute sessions,

1. The results of a session produce the equivalent of previously employed one hour coaching sessions.
2. After only 6-8 sessions, they produce recognizable and permanent changes in the central and peripheral vegetative nervous system. These changes are permanent and unlike with hypnotic techniques there is no need for any kind of manipulation. The Power Break system effects controllable and permanent changes in the nervous system that are measurable.

3. The Power Break sessions had a 100% success rate with all patients. This success rate so far exceeds and is not remotely comparable with any results from psychotherapy or any other feedback techniques that have a very low rate of long term success.

After using the Power Break system for three years, I make the following statement for the record:

"Without any form of manipulation and under the complete control of each user, the Power Break system effects lasting positive changes in both behavioral and thinking processes which cannot be reversed. Unlike in other therapies, both the goals of therapist/coach and patient are effortlessly reached. In other words, in my career as a medical doctor, I can finally say that I have found the ultimate results producing system." Dr. Thomas Hohn

The participants in this study included: Actors, singers, public speakers, politicians, top athletes, managers, physicians, psychologists, nurses and medical professionals, individuals with test anxiety and more.

Typical noticeable symptoms existing before a Power Break sessions were: Accelerated pulse, high blood pressure, perspiration and trembling, breathing problems, lump in the throat, dry mouth, digestion problems, body weakness, migraine, sleeping disorders, concentration and memory weakness, fear and others.

Significant improvements were seen in all parameters.

The following further observations were noted:

- \* Vital energy average increased by 21%
- \* Emotional energy average increased by 20%
- \* Mental energy average increased by 9%
- \* Intuitive (causal energy) averaged an improvement of 35%

Dr. Banis' (of Germany) research of comparing the 4 energy levels with the four brain frequencies was used for this study to objectively prove that the results from Power Break use when measured against traditional techniques, such as Psychotherapy, Behavior Modification, NLP, and others, is by far superior.

After using Power Break, the participants were more motivated and able to manage more pressure (stress). Every participant developed a previously unimagined capacity to produce more, by being more open to learning and growing, through self-realization. The results showed marked improvements in positive personal relationships, athletic ability, overall achievement and being a part of a team.

The Power Break system awakens the basic survival and winner potential in every person, based on their individual possibilities. The success comes from within not by force or suggestion. The effectiveness of the system increases exponentially with every use.

With other stress-reduction systems, the user is placed in the alpha state like that of taking a tranquilizer, for example: autogenous training. As a result, the nervous

system is numbed to regenerate, but the problem stems from uncontrollable energy distribution.

On the other hand, during a Power Break session, all the energy is distributed to the brain because the resting body does not require much energy. Simultaneously, the building of the acoustic signals and the words of the specific programs contribute to the effect that after a session, the participant is able to return to daily life completely rested, emotionally refreshed and relaxed, and ready to go.

The body and brain get regenerated.

The patients with borderline or dangerously high blood pressures dropped to optimum normal levels.

Also borderline or racing heartbeats dropped back to normal levels. Fears and vegetative disturbances were also significantly reduced.

Participants who suffered from irregular heart rhythms while in a restful state experienced after an average of 12 sessions that the subjective irregularities were no longer present.

Symptoms like difficulties with concentration and thinking while under stress, and fear of failure and emotional lows all disappeared in every case.

All participants confirmed that with Power Break sessions, their vegetative and central nervous systems learned to deal more effectively with dis-stress signals and self-destructive impulses. The negative energy that had been working against the nervous system was in every instance converted into positive life-affirming energy. (Desire to live life to the fullest!)

It is remarkable that simply through "passive" participation, (listening attentively to a computer program), permanent positive changes are produced. Additionally, the changes produced are in every instance the same as the desired goals of the therapists and the participants.

The nervous system has learned a new way to deal with stress reduction. In fact, it starts reusing long lost resources, which have far reaching consequences over the obvious success and leads to the elimination of healing obstacles. (Stress as the root cause of major illness.)

The newly gained energy enables the organisms to activate the natural stress reduction program to now use its own self healing program. Emotional conflicts that are often the root cause of making energy deficient will dissolve. The participant is put in the state so that he can define and solve his main problems with the energy to act. As a result, all aggression and fear of failure are now in the past.

No other system is remotely comparable in achieving such massive, all-encompassing and permanent results.

The effective stress reduction from Power Break sessions has a positive effect not only on the participant, but also on their surrounding environment, in school, at

parties, on teams, at home, with family, friends, etc. The effect is broad as the results gained affect the entire community as a whole.

Attention span, desire and willingness to learn, stress tolerance and ability for effective regeneration is dramatically improved.

It is my opinion that the Power Break system should be installed in all companies, government institutions, schools and sports clubs, and in all places where there is a need to speed up individual and team production.

In my career, I have never encountered a better, easier to use, always effective and more success producing stress reduction system.

I wish this system was used throughout the world; it is applicable and usable in every country regardless of culture or language. Dr. Leonard Coldwell has succeeded in using the basic principles of the human nervous system without the use of any manipulative techniques. Every participant not only has the impression that he is solving his own problems, but he is actually solving his own problems from the inside out.

*Dr. Thomas Höhn, M.D.*  
January, 2004

### **Institute for Medical Research in Europe**

*Dietrich Wilkening Ph.D. wrote the following summary for Holger Crone, M.D., the medical director of Modern Therapy Centers in Germany:*

Dear Dr. Crone,

At the end of the 26 month study that you requested regarding Dr. Leonard Coldwell's system and personal efficiency, regarding treatment, training and/or coaching of patients with cancer, stress related illnesses or terminal illnesses in general, we found the following:

Dr. Coldwell treated directly or indirectly through his co-trainers, co-coaches and co-therapists a minimum amount of 35 000 patients/ clients. This is individual and group therapy/training/coaching. It is remarkable that most of Dr. Coldwell's patients/clients already tried without success the orthodox medical treatments. In spite of this fact, it is more remarkable that many of these patients not only survived the original estimated lifespan after diagnosis, by large amounts of time, but more so that a significant number of patients/clients that where treated with the "Coldwell" system where actually cured and healthy many years or even decades after the initial diagnosis and estimated life span.

We executed reference checks with every known therapist and therapy or self help system in Europe and found that:

Dr. Leonard Coldwell's system is definitely without any doubt the superior system no other single system or therapist included in this study had even 3% of the success rate of the "Coldwell" system.

In our estimation Dr. Coldwell is without any question the leading expert in the self help and health coaching profession regarding patients/clients with cancer and stress related illnesses in Europe.

If you like us to pursue to identify real percentage numbers, patient groups, defined by specific illness therapy or training time, survival/healing rate, lifespan after diagnosis etc. please define study confirmation from the statistical research price list attached.

We hope this satisfies your initial research study needs and we hope we will be able to go further with this interesting research for your Centers.

Dietrich Wilkening PhD  
Director for Medical Statistical Research, NAPS.

## **2. The U-Cure Power Break System: A Synopsis**

This is one of the world's most advanced scientific stress reduction self-help system. The system helps to reduce emotional and mental stress thereby providing the much needed energy to avoid unnecessary and preventable health challenges by allowing the body to heal and/or address health or life issues. The system is available on audio CD. Earphones and a quiet safe place are required to enjoy a session which lasts for 20 minutes and consists of a 5 minute musical massage prelude to 15 minutes of narrative in which Dr. Coldwell takes the listener on a mental vacation. The latter provides generic symbols for the user to create individual pictures in their mind. After a session, the user generally feels refreshed as though they have had 6 to 8 hours of restful sleep. This is a self help system as with regular use it helps the user to address the root cause of health and other life issues and it teaches the user relaxation, breathing and problem solving techniques. Most importantly, it teaches the user to handle life and stressful life situations more effectively.

## **3. The Origins of the U-Cure Power Break System**

### **Background**

When Dr. Coldwell, the creator of the system, was 12, his mother was diagnosed with painful, terminal liver cancer. Doctors told her she had at most two years to live. Faced with the loss of his only parent at such a young age, Dr. Coldwell was determined to find a way to help his mother beat her cancer. He had witnessed his grandmother's death from cancer and the suffering of all six of his mother's siblings who also all had cancer. Watching, learning and experimenting after seeing everything that happened to the other family members led him to the realization that the only way to overcome cancer and terminal illnesses is with natural cures, avoiding the medical profession at all costs.

As a result, over the next few years, he threw himself into learning everything he possibly could about cancer, remedies, cures, health, and whatever he could find that might help his mother. He tried everything, but he saw the greatest improvement in her health condition and demeanor after she promised to be there to see him grow up. This was when he realized that some of the key

factors to improvement were hope, using common sense and listening to the patients' instincts.

The initial changes in her condition were small at first, but continued as he carried out further investigations while studying mainstream and alternative therapies. Today, thanks to his perseverance, and without the use of radiation, surgery or chemotherapy, his mother is alive and well at 69 years of age in 2005.

In spite of the positive results, Dr. Coldwell soon discovered that simply curing people was not enough because they usually got sick again. He concluded that if the original cause for the malfunctioning is not identified and fixed and if the patient had not permanently gotten rid of the cause of their illness or they had not learned how to get and stay healthy, then they would be unlikely to remain healthy.

Because of these findings, Dr. Coldwell developed the most effective self-help training and life conditioning system possible. In his opinion, it is the mental, emotional and physical behavior of a person that results in their getting sick or being healthy. Through his own research, findings, successes and convictions, he came to the conclusion that "Help to Self-Help", prevention and treating the cause of an illness are the only assured ways to achieve life long term results for optimum health, vitality and longevity.

The U-Cure – Power Break system was developed as a result of Dr. Coldwell's 30 years of experience working with cancer and other terminally ill patients. It was conceived as Dr. Coldwell discovered that cancer and many other "so called" incurable illnesses are the result of stress – mental and emotional stress. Stress in any form leads to a lack of energy, and a lack of energy is the only reason that people get sick in the first place.

Dr. Coldwell's main goals are to help people to deal more effectively with the stress in their life and to reduce their distress by better handling their life. This results in getting rid of the cause of their lack of energy, which is also the cause of their illness. To Dr. Coldwell "There is no illness just lack of energy that results in the break down of body functions so that we do not stay healthy." As a result, if lack of energy is the only cause for illness then an abundance of energy will restore the function of the entire body (regeneration, self-healing, etc.) to an optimum level which leads to total health prevention of illness granting long-term vitality and a high quality of life.

Frequently taking a break from the stresses of life with a U-Cure Power Break cd will help you to deal more effectively with the challenges of life. It is the best way to get and stay healthy.

The Power Break System educates, trains, coaches and provides help to self-help for people who want to take charge of their own life, success and health.

## **4. STRESS: An Overview**

Stress comes when a person experiences danger of any kind. When a person is "stressed", the body produces hormones (known as ACTH) that result in a fight or flight response. It is very important to relieve these stress hormones in a healthy way otherwise they will become toxic to the body and life.

In dangerous situations, this response is, for survival reasons, a good thing, but in our daily life, fighting, beating up or running away from the "noisy neighbor" or the "mean customer", or the "employee" or the "boss" is not realistic, nor is

running away from difficult situations or major disagreements, so we are forced to find more effective ways to release and manage these feelings.

Basically "stress" alone is not the real problem. The problem lies with ongoing or too much unrelenting stress because it can lead to the destruction of people's health and drains their energy level.

The only way to effectively regenerate from the negative effects of stress is with deep mental, emotional and physical relaxation. This usually takes a long time, but Dr. Coldwell scientifically developed the U-cure Power Break system which is the most effective way to speed up the regeneration and vitalization process through mental and emotional stimulations while the body is in an optimum relaxation state and the brain is extremely alert.

Stress manifests in the following

### **Physical Signs:**

tiredness, fatigue, lethargy  
 heart palpitations, racing pulse, rapid, shallow breathing  
 muscle tension, aches  
 shakiness, tremors, tics, twitches  
 heartburn, indigestion, diarrhea, constipation, nervousness,  
 dry mouth and throat  
 excessive sweating, clammy hands, cold hands and/or feet  
 rashes, hives, itching  
 nail biting, fidgeting, hair twirling, or pulling  
 overeating, loss of appetite  
 sleep difficulties  
 increased use of alcohol and/or drugs and medication.

### **Psychological Signs:**

irritability, impatience, anger, hostility  
 anxiety, panic, worrying  
 moodiness, sadness, feeling upset  
 intrusive and/or racing thoughts  
 memory lapses, difficulty concentrating, difficulty making decisions  
 frequent absences from work, lowered productivity  
 feeling overwhelmed  
 loss of sense of humor

### **The differences between emotional and mental stress**

Emotional stress comes from worries, fears, anxieties, feelings of hopelessness, doubts, etc.

Mental stress comes from creating recurring negative pictures in your mind, thinking about horrible things that have or could happen, etc.

If both types of stress are not reduced and controlled, they will eventually lead to a health breakdown!

Frequent stress reduction sessions and learning effective ways to deal with stressful situations is the best method to achieve health prevention.

The U-Cure Power Break System is the brainchild of Dr. Leonard Coldwell, an established expert in the field of stress reduction, and offers a range of sessions based on Europe's leading stress-

reduction and self-help systems. It's not stress itself that causes the problem, but how one responds to stress, and that means that while stress cannot necessarily be avoided, inappropriate responses can.

A Power Break session helps people to relieve emotional and mental stress and tension so that they can get regenerated and revitalized physically, mentally and emotionally in only in 20 minutes!

## 5. How the U-Cure System Works

Since the brain has no concept of time and does not know the difference between real or imagined experiences, the Power Break system uses this scientific fact to give the brain in minutes the impression of hours of restful regenerating sleep, which is why people feel so rested after a session. It also stimulates the brain to relieve the negative effects that stress causes.

It is the system's goal to help people to find happiness and achieve a better quality of life. The system strives to provide you with the highest opportunity for getting and staying healthy. With the system, people have the opportunity to look and feel younger and to slow down the aging process. It provides everybody with the highest amount of energy to have successes in every aspect of their lives.

## 6. The Missing Link

The U-Cure Power Break system is the missing link!

If you don't recondition your nervous system from illness to health, there is no way to get and stay healthy. The U-Cure Power Break system helps you condition and recondition your nervous and bioelectrical systems and your biochemistry back to health. Besides the reconditioning, the system also provides you with the energy, knowledge and tools to take charge of your life and health so that you get well from the inside out without any manipulation or outside input.

If you do not address the stress element in health then it will continuously sabotage any benefit you might have from positive nutritional supplementation and diet changes. Remember "stress" causes acidity.

The U-Cure Power Break system is a scientific educational self help system and quite possibly the most powerful tool for achieving happiness, vitality, energy and wellness ever created. It has been clinically proven to work and several studies have been made proving its safety and unmatched effectiveness.

## 7. How long do the effects last after listening to a U-Cure Cd?

The effects of listening to U-Cure will last for three hours or more, but remember that you are attempting to make permanent changes in the way you respond to stress and challenges. You want to bring what you're learning behind closed eyes into open-eyed existence. This takes time. With practice, you will develop positive habits that result in lasting, permanent changes.

Reducing stress is like taking a shower. You need to keep showering in order to stay clean. Stress is the same! So how often you need to experience a session depends entirely on each person's personal stress level. It is impossible to overdose on sessions, and there are no adverse side effects!

It is not stress per se that is the real problem! It is actually the lack of effective regeneration that is the real problem! As a result, a Power Break session's primary goal is to provide each person with the most effective regeneration so that they can reach and remain at their most effective state for health, success, happiness and quality of life.

The benefits of frequent Power Break sessions are phenomenal because they enable people to achieve their optimum level of energy so that they can handle all aspects of their lives. In addition and most importantly, the sessions help people to continue functioning at this high level of efficiency over time. People no longer experience the typical dips in their day; instead they are able to perform consistently to their full potential all day, thereby improving the overall quality of their lives.

Every kind of illness or breakdown of the immune system is the result of a lack of energy. The main cause for lack of energy is stress. Because people's constant stress level causes them among other symptoms to be unhappy, nervous, anxious and sick, it is extremely important to consistently have an effective regeneration phase to prevent the negative effects of stress. In this vain, many relationship conflicts can arise from stress which often results in anger, nervous behavior or can end up in horrible fights. Sleeping problems can also be the result of on-going stress, but using our sessions can relieve the stress that prevents restful sleep.

With effective stress reduction, it is possible to achieve an optimum performance level, while simultaneously helping your immune system to function effectively. Everybody is guaranteed to look and feel younger. Blood flow is improved, which means more oxygen and nutritional efficiency. This, in turn, means that you can reverse or slow down the aging process to live longer. As a result, you have the potential of living to your full life's potential of 140 years while enjoying a high quality of life.

Science has directly or indirectly related many symptoms and illnesses to stress some of which are:

High blood pressure, migraines, tight muscles, joint problems, heart attacks, strokes, insomnia, lack of energy, depression, fear, insecurity, nervousness, aggression, lack of success and/or failing relationships.

## **8. Should you have concerns about your religion?**

Not really. The techniques, sounds and music used in U-Cure are based on modern science, clinical research, and therapeutic experience and have no religious or organizational affiliations.

## **U-Cure is holistic... not New Age**

This is a holistic, scientifically-based, self-help system because it addresses the emotional, mental and physical health as well as the well-being of a person. The U-Cure Power Break system is the only scientific holistic self-help system we know of that provides the tools, education, training and techniques to achieve the best results in the shortest amount of time.

There are many “stress reduction” techniques that work on the physical body and claim to be effective at reducing stress, but they do not instead the relaxation is only temporary and does not get to the root cause of any health or life issues.

The definition of “holistic” is “to treat all”. This includes the emotional well being, mental and physical health, of a person. To achieve this, a person needs to define clear goals, develop action plans and be motivated, persistent and determined while realizing their goals in all aspects of their life. This system offers the tools to create financial freedom, optimum health, vitality, happiness, energy and a greater quality of life.

The brain learns or develops in quantum leaps therefore it does not require large amounts of time to effect change. The Ucure Power Break system is the way to achieve the best results in the shortest amount of time.

The Ucure Power Break system has 5 minutes of deep relaxation and then the listener is abruptly snapped out of the relaxation mode because after 7 minutes of deep relaxation the body produces sleep hormones making the listener tired for the rest of the day. Instead after a session the listener is energized and ready to take on the day.

This system is a self help system because it gives people the power and control over their life and it helps people to stop being manipulated or dependent by anybody or anything.

It is the first system that uses science for a holistic approach to combine alternative and mainstream therapy systems and put it into an educational self help training system. In fact it is the missing link between other alternative and mainstream therapies and self help techniques.

It is the scientific approach to effective health without the touch of new age techniques, radicalism or extremism.

## 9. Generic Symbols in the U-Cure Narrative

The generic symbols are scientifically based on the universally known findings of many American and European Doctors in the fields of psychology, psychiatry and other therapies from Universities the likes of Harvard, Berkeley, Yale, and Irvine in the US, and many European Universities.

A stressed body needs to focus 100% of its energy inward to effectively regenerate, recharge and heal itself. Stress has a major impact on the immune system and can lead to heart attacks, strokes, impotence, migraines, cancer or death! With effective stress reduction, it is possible to stay healthy and live a long time.

During a Power Break session, when it is said, “*This is my time*” and “*I am the only important person*” it is because all energy and focus must be directed inward. If you, your health and your life are not the only focus for the 20 minute session, there is no way to effectively reduce your stress, which means that you will not be protected from the dangers of dis-stress.

Remember, you cannot help someone who is sinking in quicksand by jumping after him! You need to secure stable ground underneath your feet (i.e. you need to be safe and secure) and then you have the means to save your fellow man.

The brain understands in symbols or pictures, not words. Scientific research discovered that certain general symbols activate neuro-chemical and bioelectrical changes like “light”, the symbol for energy, regeneration, vitality and health, activates the brain to regenerate and revitalize.

Breathing light into your body parts is the symbol for the brain to achieve better blood flow so that oxygen and nutrients flow to body parts, muscles and organs, guarantying more effective regeneration!

The brain will always pick the best pictures for you. Plus since they are your individual pictures and no one else's, you have complete control over the outcome of each session. The symbols force you to focus your mind, thoughts and brain activity on one single issue, which simultaneously calms wild thought processes and concentrates all energy on stress reduction and vitalization. It is like focusing light through a magnifying glass where you end up with a laser beam. The same concentration of power/energy is created through the brain symbols of the Power Break session.

## 10. Energy

One of the primary reasons that people experience a lack of energy is the lack of optimum blood supply. This is very often caused by stress through tension throughout the body and tight muscles.

A state of deep relaxation can help the body to release the stress related tension which enables the blood to better circulate optimizing the energy supply.

In general, stress is not the problem; the problem is ongoing stress without effective regeneration breaks. If the body never gets a break from stress then just like anything that gets overused it will breakdown. The body needs to relax, regenerate and revitalize itself.

The body works like a car engine. If you run the engine all the time in the red zone of your speedometer, it will eventually break down. But if you run it in the red zone and then turn it off to allow it to cool down, the problem diminishes and the car will run for a long time this way.

The body works the same way. If you run your body in the red zone of stress, you will end up with many health challenges and breakdowns. However, if you frequently let yourself rest and revitalize, you will avoid health breakdowns.

## 11. The Real Cause of Illness

Every illness is the result of lack of energy, and stress is the major cause for lack of energy. Effective relaxation, rejuvenation, vitalization are essential for health and a perfect functioning immune system.

The most effective way to help fight any kind of illness is to increase the energy level in a person as much as possible. A healthy person has energy and is alkaline. A sick person has little energy and is acidic. You cannot be a little sick or a little healthy; you are either sick or healthy.

One of the most effective ways to increase a person's energy is through deep, motivational, restful relaxation together with mental and emotional vitalization. The U-cure Power Break system is the only stress reduction self help system that provides both relaxation and vitalization. It provides the tools, education, training and techniques necessary to achieve optimum results in the shortest amount of time.

Cells die or atrophy (can become cancerous) because of lack of energy (oxygen, nutrition and/or toxicity). The U-Cure Power Break system helps provide the body with the highest amount of energy to support better blood flow, hence better oxygen flow.

## **12. Everybody has stress**

Stress is not always bad! There is good stress called Eu-Stress which occurs for instance when you speak to an old friend for the first time in a long time and you get excited, then there is bad stress called "dis-stress" which occurs for instance when you are in a bad relationship and you get into a fight.

People are often so used to living with high levels of dis-stress that they don't even recognize the difference or their particular stresses. But the results can be persistent and chronic headaches, back and muscle, joint and spinal pain, lack of concentration, memory loss, insomnia and many other negative ailments.

In order for our immune system to function optimally, it needs a healthy energy level. But it is a well known fact that when you are down, have little or no energy, you are susceptible to infections like colds or the flu, etc. So energy is the key!

The energy drain needs to be stopped and the energy level needs to increase to the highest level possible. Because the body is genetically prepared to be and stay healthy, if we give our system enough energy the body will regenerate and repair itself to the best possible level. This is achieved with the U-Cure Power Break system, but the system goes even further as it helps people to identify the root cause of their energy drain and then it gives them the tools to fix their problem ensuring optimum health.

Health is the natural state of existence, whereas health limitations or being sick is not a natural state of existence.

## **13. Help to self-help is the only answer**

In Dr. Coldwell's opinion, "Help to Self-Help" is the only way to effectively and permanently change people's lives for the better. If a decision to change does not come from within a person then it will not be effective or lasting.

We make ourselves sick so we must cure ourselves.

The U-Cure Power Break system gives people control over their health and their lives. It educates and coaches people in how to be as healthy, happy and successful as they want. It also helps people find their own unique greatness, and raises their self-esteem and teaches them to effectively listen to their own instincts.

This is why there is no manipulation of any kind. There are no subliminal messages, no hypnotism or any manipulative techniques used and there are no negative side effects.

## **14. What to expect from listening to U-Cure cd**

Usually, the first session is not as effective as the ensuing sessions because of fear or curiosity of the unknown and/or a desire/need to analyze what is happening. Also, generally people feel

skeptical needing to be reassured that they are safe and secure, and that nothing bad is happening to them, luckily this is usually resolved after the first session.

**Note:** The first session is the foundation for the following sessions to be highly effective.

Also the more intently you listen and follow the suggestions, the better the results. The more you try to analyze what you hear, the less you will benefit from a session.

You will progressively feel better and better as each session builds on the previous one. Some of the many benefits that people experience are that they sleep better, feel more relaxed and calm, and their concentration, focus and determination are all sharpened and enhanced.

The second session is more effective than the first, but the third session is even better because by then the nervous system has gotten used to the deep relaxation and wants/craves more. At this point, people experience and enjoy that their mind is much more alert than before. Often around the fifth session (results vary by individual), there is another break through as people find that their entire life becomes more focused and they feel more relaxed and in control and their energy level increases dramatically.

By the sixth session, the brain begins installing positive neurological changes (i.e.: building dendrites). It is at this point that people learn how to control their stress level more effectively.

*Thank you for your purchase of the U-Cure Empowerment System. If you have any questions, please email us at [admin@20minutestolessstress.com](mailto:admin@20minutestolessstress.com)*