

# Stress

# Management

# and

# Anti-Aging

# through

# Hypnotherapy



"Most people have misconceptions regarding hypnosis. They think it is about stage shows or mind control," says Bee Epstein Shepherd, Ph.D., developer of Youthing™: A Hypnotic Approach to Anti-Aging. "In truth, hypnosis as practiced by credible hypnotherapists is a powerful tool for creating beneficial change.

"Hypnosis is the fastest way to relieve stress," explains Dr. Bee. "Hypnosis – and self-hypnosis – can have a positive impact on almost every aspect of life. Hypnosis can eliminate fears and phobic responses, and is also effective as a weight control tool. When dieters add hypnosis to their regimen, they increase their weight loss success rate by 97 percent, and their ability to keep weight off increases by 146 percent."

Dr. Bee began her work in stress management in 1977 while teaching business psychology at MPC. Later, she conducted stress management and life balance seminars in 450 cities internationally. She witnessed the devastating toll that stress has taken on minds and bodies of clients, depriving them of sleep, causing overeating, affecting memory, sexuality, their physical health and even their earning ability.

Bee Epstein-Shepherd earned a Ph.D. in psychology in 1982, and became a certified hypnotherapist in 1992. She continued advanced studies, earned a DCH degree (Doctor of Clinical Hypnotherapy) in 1999, and was certified as a Medical Hypnosis Specialist in 2007.

## Youthing™

Dr. Bee has recently introduced Youthing™ – a revolutionary approach to looking feeling and being younger using the power of self-hypnosis.

The program is based on credible research at major universities such as Stanford, Harvard and the University of California Medical Center in San Francisco.

"Traditional anti-aging methods such as cosmetics, injections, and surgery create an outward impression of youthfulness," says Dr. Bee. "This can mask the aging process and deterioration that is occurring internally in your bones, organs and cells. True age is not determined by the look of the skin, but by the condition of the whole body and spirit."

"Research proves that one can actually impact physiological responses with the mind," she continues.

"Using self-hypnosis, the Youthing™ program transforms people internally, and motivates them to engage in activities that add healthy years to one's life. It also significantly lowers stress levels and improves the quality of life."

## Surgical Preparation & Pain Management

"Research done at major medical centers shows that when you use hypnosis prior to surgery or other medical procedures, people are calmer, need less chemical anesthesia, recover with fewer uncomfortable side effects and pain and heal faster," says Dr. Bee.

Prior to surgery, Dr. Bee hypnotizes a client, and gives them a tape to listen to for a few days. Her clients are effusive in their praise.

"Thank you for making my surgery so easy," says R.E. of San Carlos. "I had no fear at all, and was relaxed before and during the two-hour surgery done with local anesthetic. I was surprised that there was no pain, either immediately after or during the next few days. Hypnosis is a very powerful tool to aid in surgery, both in attitude and pain. I can't thank you enough for your professional manner and skill."

*To learn more about Youthing™, pre-surgical hypnosis, stress or weight management please call Dr. Epstein-Shepherd, 625-3188, email her at DrBeeMM@aol.com or visit her website, www.drbee.com.*

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