SIX CLINICALLY PROVEN STEPS TO LESS STRESS for SLOWER AGING

Here’s how the Reduce Your Body Age program delivers your uniquely personalized Stress Control Rx + Action Plan that will work for you

You Can Grow Younger

Step 1 -- Your Personalized Assessment

In-depth evidence-based Tests for you to discover ..........

- Your Body Age Test ... how old is your body physically?
- Vitality Quotient Test [V.Q.] ... how fast is stress aging you?
- Your StressType ... your stress ⇒ aging pressure points

Step 2 -- Your Personalized Anti-Aging Rx

[because one-size-fits-all programs don’t work]

- Focus in on the three vital skills you need ..... the three proven most powerful for your unique StressType profile [not someone else’s]

Now .......... Reduce Your Body Age

Step 3 -- Fill Your Body Age Rx with Action

- Focus on goals specifically meaningful to you
- Create deep motivation by visualizing success
- Pinpoint your opportunities for progress
- Make small changes for meaningful, lasting results
- Commit to a S*M*A*R*T action plan

Step 4 -- Energize Your Rx: Autogenic Technology

- Reprogram your stress habits and aging biochemistry
- Stay committed, overcome obstacles, build on success with:
  + deep autogenic relaxation preparing your body-mind to respond to ........
  + vivid visualizations of the more youthful you, and to ......
  + your affirmations / self-talk acting as depth charges of positive energy

Step 5 -- Nourish Your Body-Mind Program

- Build in an evidence-based broad spectrum vitamin-mineral formula to offset stress-aging nutrient depletions
- Be sure of full-power supplementation, not megadoses
- Key your dosage level to your Vitality Quotient [V.Q.]
- Reduce dosage level as your V.Q. rises / aging slows

Step 6 -- Manage Your Program in Just Minutes/Day

- Plan for tomorrow’s successes using the Action Diary
- Schedule check-in sessions with your Partner or Coach
- Track daily progress in your Diary
- Add up your progress, revisiting the V.Q. Test and recalculating your Body Age Test results

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