

# YOUR HEALTH & HAPPINESS

## Overcoming Addictions: What You Should Know

by Rhonda Lenair

(NAPSA)—The next time you wonder whether someone you know—maybe even yourself—has difficulty with alcohol or a similar substance, the answers to a few questions can prove very comforting.

**Q.** How common is the problem?

**A.** Studies suggest 17.6 million Americans are affected by alcohol abuse and alcoholism.

**Q.** I've tried several programs without success. Is there any other way to deal with drinking?

**A.** Fortunately for many people, there's the Lenair Technique, a progressive and powerful modality developed to resolve addictions and related problems and assist with physical conditions.

**Q.** Has it had much success?

**A.** This method has helped over 30,000 people quickly and completely remove the burden of addictions and related issues.

**Q.** Is this method some kind of psychotherapy?

**A.** No, this technique does not incorporate any traditional theories, philosophies or mainstream practices of addiction therapy or recovery. Although an in-depth consultation is part of every program, there is no psychotherapy, counseling, biofeedback, hypnosis or 12-step concepts or requirements. The Lenair Technique integrates both electromagnetic and bioelectrical modalities to thoroughly resolve the addiction problem—without any devices or machines. Physical conditions are addressed by identifying and eliminating that which contributes to or exacerbates the condition. Spe-



**Rhonda Lenair, a highly successful addiction treatment specialist.**

cific recommendations are then made to help achieve a healthier state or to resolve the problem.

**Q.** Will I experience any withdrawal symptoms?

**A.** It is unlikely that you will experience any withdrawal symptoms typically associated with alcohol or other (nicotine, sugar, caffeine) withdrawal.

**Q.** How long does it take?

**A.** Most people require three sessions, one about an hour and two of less than 30 minutes each.

**Q.** What happens if I relapse?

**A.** First, we provide you with a Reinforcement Exercise to use if at any time you feel vulnerable. If that doesn't work, you may be able to get help over the phone or from an additional session.

**Q.** Where can I learn more?

**A.** Visit [www.lenair.com](http://www.lenair.com) or call 888-412-8392.

• **Rhonda Lenair is a world-renowned healer for people who have addictions.**