

# ASK THE DOCTOR

## Advice From The Doctor At A Distance Program

(NAPSA)—Americans are more likely today to turn to an alternative health physician or alternative practitioner than ever before.

One of the practitioners they are turning to is Dr. Larry Deutsch, a family practitioner for more than 25 years. This M.D. has long sought out alternative solutions to behavioral health problems.

Through the development of his Chicago-based “Doctor at a Distance” program, Deutsch can now deliver what he calls ‘accelerated human change technologies’ to treat such common health issues as weight control, stress control, self esteem issues and smoking cessation without having to visit the doctor’s office.

While treating scores of patients through decades of experience at his family practice, Deutsch noticed a pattern emerge—what he calls the ‘core success’ of each treatment. As a result, each of the audio versions of his treatments features sound medical counseling typical of a visit to his office. These sessions, amplified by simple-to-follow relaxation/self-hypnosis techniques, have been successful in addressing his patient’s behavioral health issues.

The CDs are available for \$9.95 each, and each CD features one of Deutsch’s successful therapy sessions.

• **Quit Smoking.** In the early 1980s, medical hypnosis experts claimed only 25 percent of smokers could be cured through hypnosis. In Deutsch’s family practice, two-thirds of his patients quit smoking after a single session.

• **Stress Busters.** Reduce stress at work and at home with this effective program. The CD is designed for busy, stressed out people to enjoy in just ten minutes a day. It teaches listeners to relax and accept simple, post-hypnotic suggestions for many common problems.

• **Lose Weight.** A unique weight loss program based on sound medical counseling teaches you to enjoy the foods you can eat and not feel deprived when you avoid certain foods. It can be an excellent way to achieve better health and enjoy the benefits of a trimmer, more attractive appearance.

• **Self Esteem.** Learn to think and feel confident, in control, and positive. This CD was designed to help boost confidence for sales presentations, public speaking, sports and other activities. The aim is to achieve a level of profound relaxation that allows you to keep your cool under pressure.

The Doctor at a Distance program will inspire you to take the first step to better health and happiness.

For more information, call toll-free 1-866-574-6873, Ext. 507 or visit [www.stewarthousepub.com](http://www.stewarthousepub.com).

