

## Quit Smoking and be Nicotine Addiction Free with One Bio Laser Treatment\*

The BioCare Anne Penman laser therapy treatment is the most advanced program for helping smokers stop smoking as well as clear nicotine addiction. Because we know everyone reacts differently, the program is tailored to each individual's needs. This means that regardless of how many you smoke or how long, the program can help you achieve your goal to become nicotine and smoke free.

A Treatment program includes:

- Four sessions of bio laser treatment
- Guidance and advice
- Continuous support and motivation including a telephone Hot-Line

### Laser Therapy

Bio laser therapy is a well-established therapeutic technique with a wide range of medical applications. The bio laser treatment is safe, non-invasive, drug free and painless. It involves the application of a cold, soft laser beam that targets specific energy points located on the hands, ears, nose and wrists. This helps stimulate the release of endorphins, the body's own natural chemical, which helps with the relief of pain and stress. When a smoker stops smoking, a sudden drop in endorphin levels leads to withdrawal symptoms of stress and tension.



Studies have shown that nicotine releases endorphins to the smoker, which gives them a sense of relaxation. The laser acts as a calming agent so that when you stop smoking, the withdrawal symptoms often associated with quitting are either greatly reduced or completely eliminated.



### Guidance & Advice

Guidance and advice focuses on self belief and positive thinking. During the treatment we help you deal with emotional, physical and psychological aspects of quitting smoking.

We discuss your life style, the role smoking plays in your life, when and where you smoke, the factors that lead you to smoke and your dependency level.

We offer a nicotine addiction test to help you understand your level of addiction and a carbon monoxide test to measure the amount of carbon monoxide currently in your lungs and blood stream. The carbon monoxide test is used as a motivational tool to help track your success.

### Continuous Support & Motivation

Our telephone Hot-line offers extra support with focus on your individual need. Most clients feel apprehensive about giving up.....we understand this is a hard decision for you and we do not take your commitment lightly.

### What our Clients Say

Anne Penman the founder of this program smoked 60 cigarettes a day. She has now been smoke and nicotine free for over 18 years after her bio laser treatment.

*"I AM NOW A NON-SMOKER! I have smoked for 42 years. I've quit for short periods of time, but I've never been able to totally kick it. I've tried everything, patch, gum, lozenges, hypnosis, psychologist and the latest, the new prescription Chantix. Nothing worked! Thanks Anne Penman for your wonderful Therapy, it really works!" Sandy*

*"I was surprised that I had no cravings at all, and no withdrawals. I feel great, I can breathe now. If you ever want to quit, go to Anne Penman, it works!" Suzie*

### Reasons to Stop Smoking

- **Be around to care for your loved ones**  
Smoking reduces your life by 14 years
- **Live healthier**, especially after age 50.  
Nicotine constricts arteries, making it harder for the heart to pump blood through the body. One pack of cigarettes has up to 60mg of nicotine. A single NRT patch, gum, lozenges has 2mg-21mg of nicotine.
- **Stop breathing cigarette poison and destroying your lung tissue + Risk lung cancer / heart attack**
- **Stop exposing your cigarette smoke to non smokers** especially your children, family and friends. Secondhand smoke causes lung cancer, respiratory and cardiovascular disease
- **Save \$,,\$,\$** (at 20 a day – save \$150/month or \$1,820 per year [Based on \$5 a Pack of cigarettes])



Cigarettes a day	#	Month	Year	10 Years
10		\$75	\$900	\$9,000
20		\$150	\$1,820	\$18,200
30		\$300	\$3,640	\$36,400
40		\$450	\$5,400	\$54,000

### What is Stopping you from Quitting NOW



The Bio Laser Treatment is a positive investment in living a healthier smoke and nicotine free life. An additional benefit is the amount you start saving immediately after your treatment.

\*Most of our clients have quit smoking after one treatment  
**Smoking Cessation Programs are covered under Flex Spending / Health Savings Accounts (FSA / HSA)**



# BioCare Laser Therapy Wellness Center

2200 W Bethany Home Rd #7A, Phoenix AZ 85015 • (602)492-9788 • www.biocaretherapy.com

## Stress Management

### Stress Release Meditation / Relaxation / Breathwork 90 Minute Class

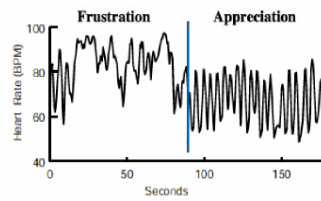
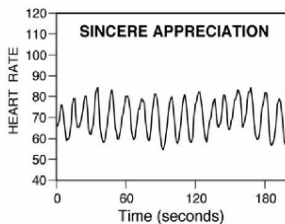
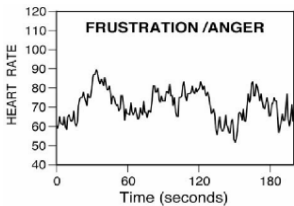
This 90 minute program releases repressed emotional issues from the cellular level, clears stress, anxiety, fear, revenge, hatred, forgiveness issues and blocked energies. This unique and very powerful meditation-breathwork process connects your breath flow to the Universal Source energy, which provides the new vibrant flow of energy into your system. All low vibrating "old" energy is flushed out with the "old restrictive thought patterns" and replaced with new higher vibrating energy. This new vibrant energy helps clear stress, brings in joy, peace, love, compassion, clarity, focus and passion to reach your goals.

A minimum of 10 people are required to provide this class at your location.

### Laser Therapy for Severe Stress

Laser Therapy is a well established therapeutic technique with a wide range of medical applications. The Anne Penman Laser Therapy Program utilizes a cold soft laser beam which is applied to specific energy points on the hands, ears, nose, legs and feet.

Bio Laser Therapy treatment (with 4 sessions) is a drug free painless procedure that helps increase the endorphin level, which can help promote the feeling of well being: help lower stress, frustration and anxiety levels: help reduce mood swings: help improve sleeping patterns and puts the person back in control.



## Weight Loss (Lose 2-10lbs / month)

### Laser Therapy helps Suppress Appetite

**The laser treatment** will help put you back in control, help suppress your appetite, help you deal with food cravings, and help make you less obsessed with food.

The program is designed to help you deal with the emotional, physical and psychological aspects of changing your lifestyle. You will understand the dynamics of weight loss in every day situations.

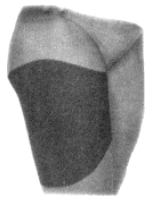
We provide nutritional support to help you:

- Get motivated
- Make lifestyle changes
- Eat a healthier diet
- Control your desire for many tempting foods



### Fat Detox & Vacu-Stepper Program

**The Fat Detox wrap** is a non-woven cloth wrap that has been infused with a powerful, botanically-based formula to deliver maximum tightening, toning, and firming results when applied to the skin. It continuously hydrates for firmer, smoother, more youthful-looking skin and reduces the appearance of cellulite and skin slackening. Most see inch loss results in 1-8 hours.



**The Vacu Stepper process** helps you lose inches, reduce the appearance of cellulite and tones thighs, buttocks and legs. It is an elliptical workout inside a chamber featuring a vacuum system that increases blood circulation. This allows concentrated fat to be burned and results in a loss of inches in the hips, thighs, stomach and buttocks.

