

The Sidman Solution®

Dr. Jacqueline Sidman

Health Practitioner Visits

70-80%

are a result of anxieties, worries, fears, phobias and compulsive behaviors manifested as a result of today's stressful lives



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Did you know…

…the three best selling over-the-counter and prescription medications in the United States are used to treat stress and anxiety-related problems!?

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Why accidents happen

70%

of all accidents are stress related



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Types of Stress

- External Stress
- Internal Stress



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Two Main Parts of the Mind

1. Outside or conscious mind
2. Subconscious mind



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10% Conscious Mind

90% Sub-Conscious Mind



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Sub-parts of the Mind



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Hypnosis

- A natural, relaxed state between awake & asleep
- You are always in control
- All hypnosis is self-hypnosis



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- Implemented in a light state of hypnosis
- The client is guided to discover the root cause of their problems.
- This technique empowers the individual to make their own decisions to achieve permanent change.
- No suggestions are installed by the therapist.



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How Information is Stored

1. Visually
2. Auditorially
3. Kinesthetically



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Quasi-dream state

- Symbolism
- Automatic emotional reactive patterns
- Break through defense mechanisms
  - Appropriate & inappropriate defenses
  - Eliminate unwanted defense mechanisms
  - Example of shyness



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Emotional Reactions

- Nerves have their own language that originate in the hypothalamus and the limbic system
- By changing emotional memories we can counter the effects of stress and aging, infections and catastrophic illnesses.



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Strong emotions create physical changes

- Fear
  - increased heartbeat
  - rise in blood pressure
  - increase in adrenaline secretions
  - elevated blood sugar level
  - slowing of digestion
  - dilation of pupils



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Feelings are physical

- Anxiety
- Nervousness
- Anger
- Tension
- Depression
- Guilt

Headaches
Stomach aches
Colitis
Skin problems
ADD, ADHD
Insomnia



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Untreated symptoms result in health problems.

- Medications treat symptoms only.
- The Sidman Solution eliminates the entire problem by restructuring the emotional memory.
- Health improves.



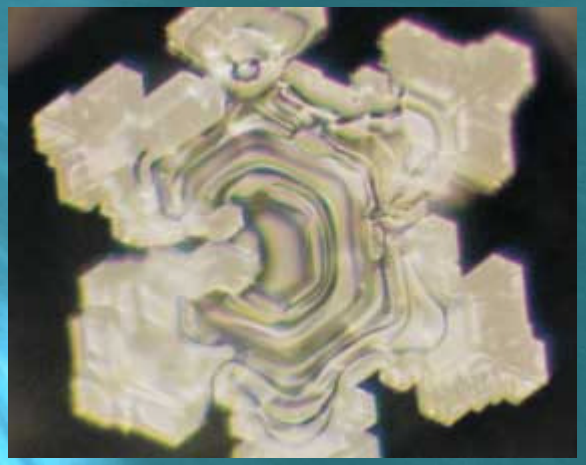
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Dr. Masaru Emoto

Doctor of Alternative Medicine, Japan



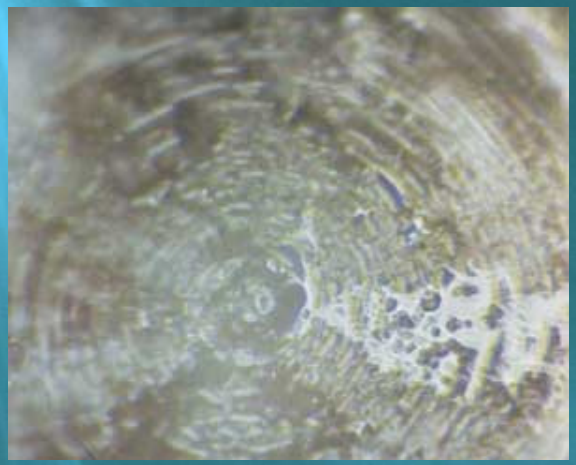
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Mozart Symphony



Love and Gratitude



Heavy Metal Music



You Make Me Sick,
I Want to Kill You

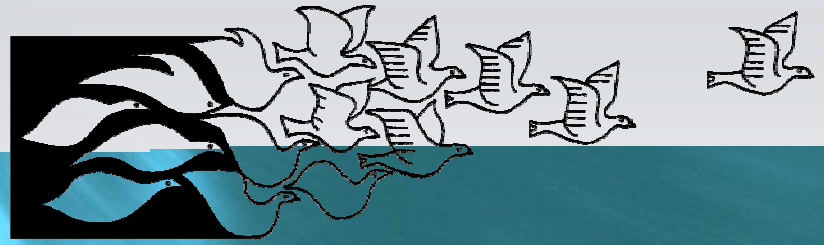
Water

"Half of the earth is water; our body is three-quarters water. Water represents the interface between the 4th dimension in which we live and the 5th dimensional sphere of our soul."

If thoughts and intent of positive or negative feelings can do that to water, imagine what thoughts can do to us.



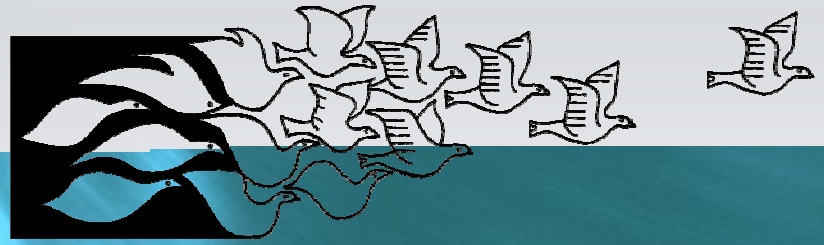
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The Sidman Solution® changes inappropriate early beliefs and unwanted feelings from childhood into more appropriate updated information that is useful in the adult world.

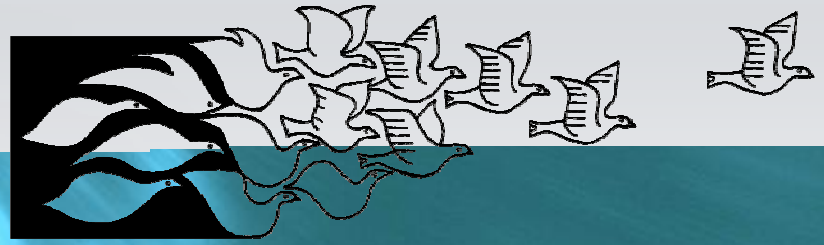


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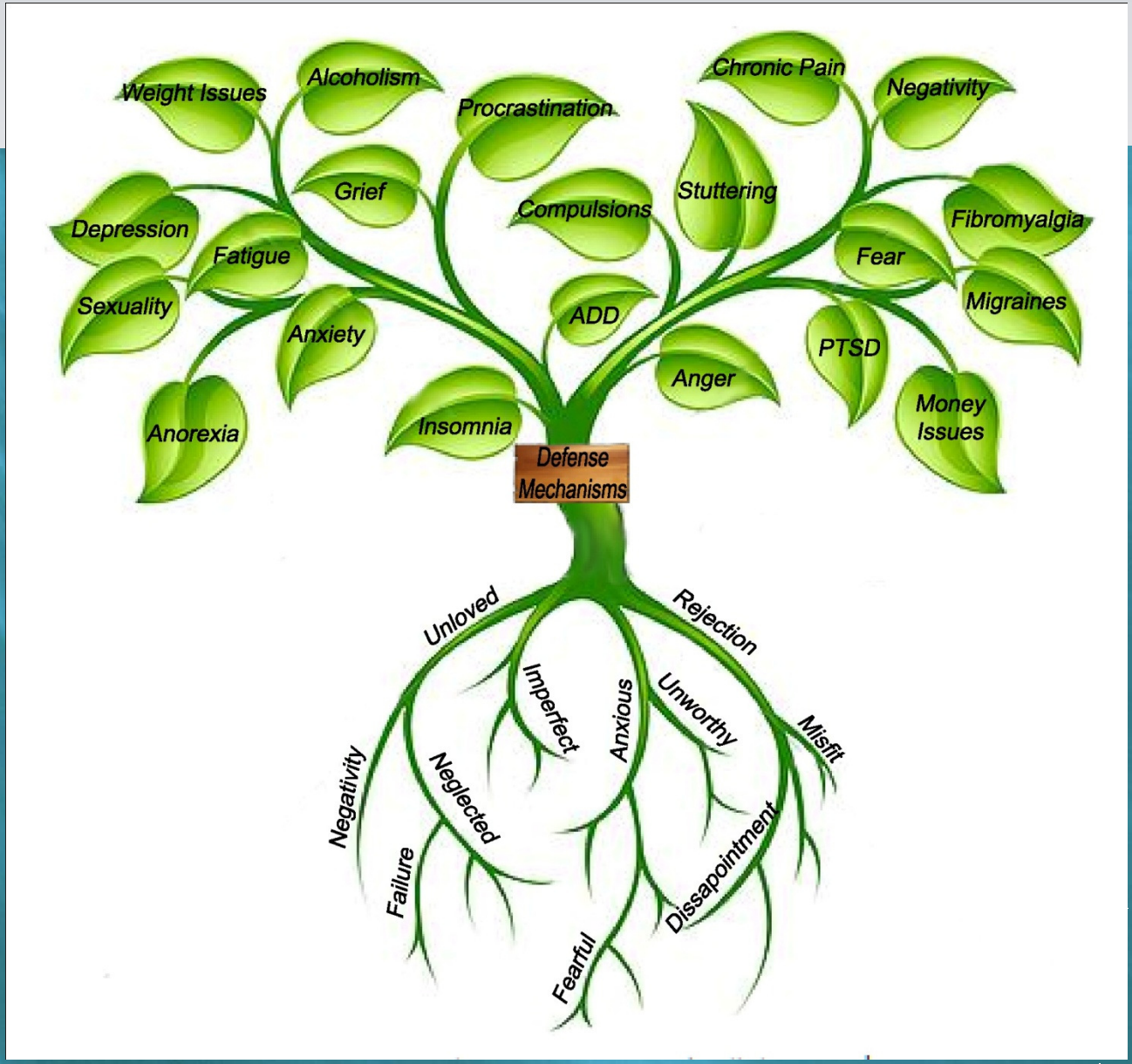
Physical health improves by finding happiness, clarity, motivation, and Instant Inner Peace!

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