



QEPR (QUANTUM EMOTIONAL & PHYSICAL RELEASE) WITH BESTSELLING CO-AUTHOR PAUL EMERY “ASIASPA HOLISTIC TREATMENT OF THE YEAR 2010”



What is QEPR?

Developed by Paul and renowned doctors over 40 years, QEPR is a scientifically proven and extremely effective **touch-based body/mind treatment** that produces rapid results. It blends groundbreaking practical techniques, such as *TFT*, *Havening*, *Kinetic Shift*, *EFT* and *NLP*.

Neuroscience proves that specific, soothing upper-body touch alongside simple visualisations creates verifiable stress-reducing chemical changes within the brain's emotional/pain centre - the “*Amygdala*”. Paul's treatment can *permanently* release unwanted emotions alongside their related physical symptoms; unwanted concerns can also be removed by “*tapping*” specific meridian energy points.

What does QEPR help?

QEPR is a quick, proven and effective solution for both emotional and physical concerns, such as:

- Stress
- Worry
- Anxiety
- Anger
- Sadness
- Grief
- Fears/Phobias
- Frustration
- Depression
- Love Pain
- Guilt
- Quitting Smoking
- Neck/Shoulder/Back Aches, Pain, Stiffness or Headaches
- Weight Loss (Cravings, Emotional Eating, No Diet 4-Step Eating Plan)

“*Paul is great – it helped me!*” - Kate Moss, Supermodel

“*The miracle therapist!*” - Marie Claire, Editor

How many sessions are required?

As the techniques tend to produce fast results, generally only two consultations are required for a specific concern.

About Paul

Amazon bestselling co-author (with **Jack Canfield and Brian Tracy**) Paul has been featured by Fox, Sky, Australia's hit TV show “*Celebrity Overhaul*”, *Vogue*, *Gala*, *Women's Health*, *Sunday Independent*, *Sydney Morning Herald*, *Marie Claire*, *Harper's Bazaar* and *OK* magazine. He is the developer of the successful video treatment “*Freedom from Pain – Today*” and creator of the popular “*Emergizes*” body and mind balancing exercise class. He has worked out of some of the world's top health resorts, successfully helping thousands of people, from traumatised war veterans with PTSD, anxious doctors and stressed out CEOs, to poorly performing athletes, royalty and music stars.

Please contact Health & Wellness Reception for more information or to book a free chat with Paul