

The POWERMIND® System

Developed by Dr. Errol Korn over more than 25 years, used by hundreds of people in all walks of life, POWERMIND® has been proven to create life changes of quantum-leap proportions.

The system was developed from centuries-old techniques used to achieve mind/body control. These age-tested methods have been blended with modern techniques based on our recent advances in understanding the nature of the mind/body interaction. These skills are easy to learn, and natural. You don't need special talents. SUPERSKILLS™ will produce deep relaxation, feelings of well-being, increased energy, happiness, improved health, enhanced success, improved sleep and reduction or elimination of fears, anxieties, and procrastination.

The programs are packed with practical exercises to help you quickly achieve your goals. The tapes are designed to teach you the skills needed to get what you want out of life.

The Programs

1) STRESS: Accentuate the Positive, Eliminate the Negative™

Do you feel tired, run down, anxious, depressed? Are you frequently sick? Do your family, friends, co-workers or bosses cause you to feel upset or nervous? Are you distressed by compulsiveness, guilt, worry, unfulfilled desires or jealousy?

We live in stressful times. Left unmanaged, stress can lead to sickness, even death. Fortunately, there is an easy, proven way to eliminate the effects of excessive stress.

Welcome to *STRESS: Accentuate the Positive, Eliminate the Negative™*, a how-to for developing stress-busting skills. Used regularly, these encourage stress resistance, help prevent harmful stress buildup, even undo much of the existing damage.

2) Goals: How to Get What You Want™

Do you feel you haven't accomplished as much as you want to? Are there things you want - a new car, more money, and financial freedom? Do you feel you're spinning your wheels and getting nowhere?

Often we don't get what we want because we don't set achievable goals - if we set goals at all. *How to Get What You Want™* will teach you skills that, used regularly, can help you formulate goals and guide them to reality. The skills are cumulative: after you have successfully achieved one goal, reaching another should produce faster results. You will be amazed at what you can accomplish.

3) Permanent Weight Control™

Have you tried every diet in the books but still weigh more than you want to? Have you lost a lot of weight in the past but gained it all back? Are you ready to just give up?

If weight control were easy, there would be fewer diets on the market. That so many exist should lead a rational person to conclude that diets just don't work.

Fortunately, there is an easy, inexpensive, scientifically proven way to establish your goals and succeed at them. The POWERMIND® *Permanent Weight Control™* program consists of practical exercises which you can easily learn. Permanent Weight Control™ involves not just losing weight, but maintaining the loss. Even drastic diet programs such as modified fasting, while effective in weight loss, are no more effective than most programs in helping with maintenance.

This program is not a diet. The Permanent Weight Control™ series enables you to develop the mindset, feelings, and behaviors necessary in becoming the person you want to be.

4) Freedom From Pain™

Is your life ruled by pain? Do you want to do things but can't because you hurt? Do your friends and even family want to avoid you because you are constantly complaining? Have doctors and therapists given up on you, possibly even implying that the pain is all in your head?

You are not alone. Millions of people suffer chronic pain and few have ever experienced any significant improvement... until now. The POWERMIND® program Freedom From Pain™ consists of practical exercises you can easily learn. They were developed and used successfully in a certified Pain Treatment Center. The tapes are easy to use and the lessons learned could free you from the suffering pain causes. The methods can help you manage pain in any part of your body, from any cause, particularly when used in association with good medical and physical therapies.

5) Smoke Free: Your New Life!™

Are you addicted to smoking but ready to quit? Have you tried every quit-the-habit technique out there and still not managed to stop? Running out of patience? Ready to give up? Maybe this program will be the one that changes your mind.

The POWERMIND® program *Smoke Free: Your New Life!™* consists of practical exercises you can easily learn. The lessons learned could free you from the addiction for good. The methods can help you manage your cravings and get past the need, particularly when used in association with good medical and physical therapies

Mail to:

POWMIND®

P. O. Box 9032

La Jolla, CA 92038-9032

... or

Call: (858) 551-0276

Fax: (619) 482-0068

Program	Price	Quantity
Female Enhancement	\$75	
Goals: How to Get What You Want	\$95	
Freedom From Pain	\$95	
Longevity I	N/A	
Longevity II	N/A	
Permanent Weight Control	\$95	
Soccer Performance	\$395	
Smoke Free: Your New Life	\$195	
Stress: Accentuate the Positive...	\$95	
Manage Your Cholesterol	N/A	
Freedom from Headaches	N/A	
Shipping/Handling	Included	
Sales Tax (CA residents)	7.75%	
Total Enclosed		\$

Or charge my credit card for the above total:			
Card #:		Expiration:	
Circle one:	VISA	MasterCard	AmExpress

Signature: _____

Name:			
Address:			
City:		State:	
Country:		Zip:	
Phone:	(____) _____ - _____		
Email:			

Errol R. Korn, MD

Dr. Errol Korn is co-founder of POWERMIND® and a board-certified specialist in Internal Medicine and Gastroenterology. He has been a practicing physician for 35 years, providing him with experience and awareness of standard medicine's shortcomings. This knowledge led him to study and develop the alternative methods for stress management that are the basis of the POWERMIND® programs. Dr. Korn is also proficient in numerous levels of integrative and anti-aging medicine. Has published numerous articles and books on imagery and super-performance in many aspects of life.

Roderick A. Comunale, MD

Dr. Roderick A. Comunale is co-founder of the POWERMIND® international consulting firm, with over 25 years' experience in alternative medicine. He is a Diplomate of the American Board of Internal Medicine and the sub-specialty Board of Nephrology and Hypertension. He holds faculty positions at the UCSD School of Medicine and Western University School of Osteopathic Medicine and is Medical Director of several San Diego County dialysis units. He is actively involved in researching and developing new pharmaceuticals, and has published articles in numerous journals, including the New England Journal of Medicine.

Guarantee

We are so certain of the effectiveness of the POWERMIND® programs that we invite you to use them at our risk. If not completely thrilled with the changes they can bring into your life, return them for a refund or exchange. All we ask is that you use them as directed for the full sixty days.

These tapes are not designed to diagnose or treat any diseases. They are to be used as an adjunct to the care prescribed by a licensed health care provider appropriate to the condition or conditions being treated.

© 1999 Errol R. Korn, MD

POWERMIND®

THE POWER IS YOU!®

Roderick
A.
Comunale.
MD



Errol R.
Korn,
MD

Manage Stress

Get What You Want

Conquer Pain

Achieve Permanent
Weight Control

... and more!

<http://www.powermindhealth.com>