

# METAMORPHOSIS

BODY & HEALTH TRANSFORMATIONS

Life Changing  
Results

Overcoming  
Fears

Loving  
Life  
Again

I NOW HAVE CONTROL  
OF MY HEALTH.....

NeuroPhysics  
Therapy



**PLUS**

"Amazing results in just 6 days" I have quality of life again"

Stewart Cheffirs NeuroPhysics Therapist  
Robina QLD Contact: 0438 212 559

## NeuroPhysics Therapy, what is it and how it has changed my life and the lives of so many others....

NeuroPhysics Functional Movement Training and Rehabilitation (NP) and the associated Ware K Health Trigger Process is a scientifically based and clinically proven method, which has broad applications across many aspects of rehabilitation and performance. NP is a fully integrated, holistic program that engages all of the body's systems in a unique way, to optimise recovery from a variety of conditions, as well as enhance physical performance and well-being.

NP is a method of activating communication in the nervous system that connects pathways in a manner that has not been previously discovered and explained.

The therapy does not discriminate, as it focuses on treating the person, not the disorder, with results achieved in remarkable time scales.

NP is an exercise based program that utilises specific equipment and techniques, to firstly assess the status and function of a client's system and then trigger the nervous system to self-organise and return itself back to optimal function.

The founding developers and practitioners of the NeuroPhysics training system have been effectively using this world leading process for more than 25 years and have many thousands of clients recover their quality of life, from a variety of problems in remarkable time scales.

### A Summary of Posture Attributes or Detrimants Facts of Physiology – By Ken Ware An Article of the NeuroPhysics Institute

When your posture is at its premium, all physical and emotional factors are balanced, alert and free flowing and functioning at an optimum level. With poor posture, your body loses intelligence, you become dull and this has a definite impact on your physical and emotional integrity. Anxiety sets in and pushes your body into an energy conservative state. You can lose up to 30 percent of your body's desire to use energy (primarily from your fat contribution to energy expenditure). Think about how much extra energy your body will use when you practice good posture.

The loss of intelligence from poor posture compromises muscle action, bodily functions and cardiovascular efficiency. Anxiety can be traced down to a cellular level affecting the stability which promotes many disorders that we spend millions of dollars on trying to alleviate. Messenger molecules from your cells, tell your endocrine system you are stressed, producing a disorientated range of stress hormones and chemicals which signal fat cells to store fat and conserve the output of fat or stored intelligence. A detailed explanation of fat is in a future article. Chisel this information into your own mind - the only mechanisms to motivate fat cells it store fat is from stress hormones or chemicals. What produced them in the first place is what we need to look for.

When completing NP Intensive therapy your resistance programme, designed for you is posture focused. All of your exercises should be performed in the first instance with absolute focus on posture, i.e. chest out, stomach pulled in, chin-up, shoulder's back, and stretching yourself up as tall as possible. You should perform your exercises in a slow functional manner so that you are able to comprehend the free flow of energy through your whole body, enabling each exercise to relate to your posture. You will quickly begin to restore the integrity of your physiology, releasing anxieties and inviting fat cells to release their intelligence, which motivates your physiology. Your nervous system will recruit much more muscle fibre; you will add muscle tone and increase the consumption of fat. Training fast forced your body into damage control which cuts off the fat using mechanism and increases anxieties, producing an adverse effect.



### HOW NEUROPHYSICS FELL ONTO MY SOCIAL MEDIA LAP

A good friend of mine named Kate Wallace shared a very touching testimonial on her facebook page, what would we do without social media, in some instances it can cause chaos in our lives and even more stress and anxiety than we need and in other instances it can also be a life changing event.

After watching Kate's NeuroPhysics success story to gaining back control of her health it inspired and gave me hope that I too have the ability to heal my body again, so I just had to make the phone call to her NeuroPhysics therapist Stewart Cheffirs to see if NP was my way of getting control of my health also and getting my quality of life back again.

Kate and I share a very special story together where we both became very unwell at the same time, we both tried absolutely everything to find out why we were so sick and how to treat it, we both even shared similar symptoms but were given to different diagnosis, Kate had Fibromyalgia and I had Dumping syndrome how is that we both had the same condition in hindsight based on symptoms but diagnosed with 2 different conditions....Our bodies just were not functioning they were stressed and in a state of constant fight or flight.

Kate completed a 4 day Intensive therapy with Stewart at the Robina NeuroPhysics Institute in QLD and what she achieved in 4 days was just amazing....her symptoms decreased and her energy levels had dramatically improved and that all happened based on the theories and principles written on this very page, in Ken Ware's Article.

I just knew after talking with Kate and Stewart that NeuroPhysics was a good fit for me as it does not discriminate based on a health condition or Injury, the same principles are applied to each and every person that goes through the institute.

Each and every person that goes through the program are given the ongoing tools to use in their own environment to maintain their health based on the resistance program & tremor therapy you are taught, you become your own healer which is an amazing feeling to have especially when you have been chronically unwell for such a long time.

# Taking back control of my health....

*"Having a Rare disease with no known cause was debilitating and exhausting, I had exhausted all possible known treatments options for "Dumping Syndrome" with no positive results my body was in a constant fight or flight response and I was desperate for quality of life I was just existing and getting by on the bare minimum. Thanks to The NeuroPhysics Institute in Robina QLD" My Glimmer of Hope to restore my health is now, "My Miracle Treatment, finally something that heals the body as a whole system and not just the symptom". I now have the tools to control of my health".*

Gordon Coulston, Stewart Cheffirs, Liz Avis



## My NeuroPhysics Therapy Journey towards taking back control of my health.

For the last 3 years I have been battling a rare disease called "Dumping Syndrome", although Dumping Syndrome can be common to patients who have had some form of digestive surgery and it occurs as a result of surgical damage to the "Vagus Nerve" which is responsible for the functioning of so many of our main & vital organs within our body, however it is not common nor is there any real scientific or clinical medical literature to have Dumping Syndrome for any other known reason except as a result of surgery, this is why my form of Dumping Syndrome becomes under the banner of a rare disease as I have never had any surgery of any kind?

So what is " Dumping Syndrome" = rapid gastric emptying of the stomach, foods basically goes in just as quick as it goes out, every digestive and bodily process is in hyper speed due to the wrong information being supplied via the Vagus Nerve, in simple terms my nervous system was not communicating to my digestive organs the way nature had intended.

Symptoms range from high and low blood glucose levels (for me I was in a constant Hypo state), to nausea, vomiting, bloating, heart palpitations, fainting sensations, histamine intolerance to most foods, malnourished, weight-loss, anxiety, fullness after one bight, chronic re-flux the list is endless and only continues to snowball your health the longer you have it and unable to find the right treatment. How to treat a disease you should not have, was quite an expensive and exhausting process, I tried Naturopathy, Counselling, Hypnotherapy, Psychotherapy, Nutritional Medicine, Meditation, Holistic Doctors, Specialists, Reiki, Chiropractic care, Massage, if there was something to try I did it, all with little to no result and sometimes a worsening of my condition. NeuroPhysics Therapy fell onto my social media lap and I am now ever so thankful and grateful that someone else's successful experience with NeuroPhysics Therapy turned out to be the best investment in my own health, I have found my breakthrough treatment the missing link, I have my life back....



Stewart Cheffirs



Nickie Ware



Ken Ware

"One of the most advanced forms of training and rehabilitation in the world".

## Mission Statement

Everyone deserves a better quality of life. In order to bring about true health and healing we believe its the person, not the problem that needs to be treated no matter the disease or disorder.

NeuroPhysics is designed to do just that - Enhance lives. It's a method of advanced training and rehabilitation that helps 100% of people 100% of the time without discrimination and at the most fundamental level of the human system

Founder of NeuroPhysics - Ken Ware

# I NOW HAVE CONTROL OF MY HEALTH, THANKS TO NEUROPHYSICS THERAPY

by Liz Avis

**My Journey back to amazing health,** On Friday the 5th of August 2016 I walked through the doors of the NeuroPhysics Therapy Institute Robina, QLD this was the first day of the 4 day Intensive Therapy program I was to endure to learn how to take back control of my own health. I was warmly greeted by my therapist Stewart Cherrfirs, I was feeling emotions of excitement and anxiety all rolled into one, excited that this was the next big step to getting my health back and anxious over what my blood sugars might do, the unknown is always scary..... as I had created a lot of behaviors and fears surrounding my condition that I thought were keeping me safe and they were to a degree but I soon learnt that I had to break down and let go of these fears in order to reclaim my health and quality of life again.. These behaviors had become my world and my crutch for keeping most of my symptoms at bay to let go of what quality life I had even though it was none in hindsight, and as it was my crutch it was extremely hard to let go , but when you have faith in a product based on the scientific and clinical evidence that has been correlated by Ken Ware 30 yrs of developing NeuroPhysics Therapy I knew I was in good hands and that my quality life will be bigger. better and stronger, it was time to start my " New Blank Sheet of Paper" and start writing a new chapter to great health and wellness.

I walked in a Fitness Instructor who was unable to work in the very Industry she loved, a health and wellness advocate not able to promote the picture of health to her very own clients as my body experienced erratic blood sugar levels that dictated what I could and could not do, I could not even walk 10m without having a blood sugar low and that was even when eating food, my body just did not communicate at all I was not firing on all cylinders which led me to being bedridden most days, not able to work and some days not able to look after my son.

Symptoms I walked in with :

- > Nausea > Unbalanced > Erratic Blood Sugars ( I was in a constant Hypo State)
- > Anxiety > Dizziness > Vertigo > Waves of Chronic Fatigue > Scoliosis > Weight-Loss
- > Malnourished > TMJ > Tight Hip Flexors > Muscle spasms , back and my feet
- > Old Plantar Fascia Injury, accompanied with muscle spasms
- > Histamine Intolerance > Frequent Urination > Fainting Sensations > Blurred Vision
- > Tummy Tenderness > Numbness & Paralysis in my feet and hands > Tight Traps and neck muscles
- > Extreme Fears

Due to these symptoms my life was scheduled to the T and I had to utilise my family network extensively to get me to appointments for if and when I had them, for the safety of my son and other road users I made the decision not to long distance until my body could be more stabilised with consistency, I needed to feel safe and I wanted to be a responsible road user also....I feared Driving the most, but also feared to be anywhere without someone with me in case I had a blood sugar coma, which never happened as I was so vigilant with all of my behaviours to keep me safe, looking back this was really just a new reality that I had created.

All this in mind I started to break down some of these behaviours and fear barriers by making the decision to do NP to heal my body , I had to catch a plane a bus and stay in an apartment all by myself all these things I could not do prior to NP but I had to overcome them in order to do the treatment, this was my starting point, the flow and momentum to start overcoming the very fears that were crippling my quality of life.

## DAY 1 Intensive Therapy - Stewart Cherrfirs: NeuroPhysics Therapist

Stewart took me through my first day of the machine based resistance program these very exercises were about to open up my dysfunctional body with new information and create new neurological pathways to get rid of all the stress I had in my body. I was about to go through Tremor Therapy to unlock all the stress that I had encapsulated within my body. Stewart was so professional in his approach as he composed himself calmly and with poise and understanding. I was taken through 4 machines and taught the function of each machine along with the value and meaning behind each of these machines. In my training as a Fitness instructor I was only taught how to instruct a client how to use the machine and what muscle groups it engages. Little did I know that the science that Ken Ware had discovered behind the very exercise equipment I had been working with for the last 14 years was about to not only make my health improve dramatically but inspire me to look at studying Neurotricial sciences to become a Neurotician. I left day 1 feeling that what I had learnt as a fitness Instructor was a fantastic health service but also realising why I was not always successful with helping my clients achieve their results. Ken Ware has unlocked the science behind the very industry that I loved and I now have a better understanding of how much more health potential can be gained from this amazing therapy "I need to know more about NeuroPhysics Therapy"

The health improvements I experienced after day 1

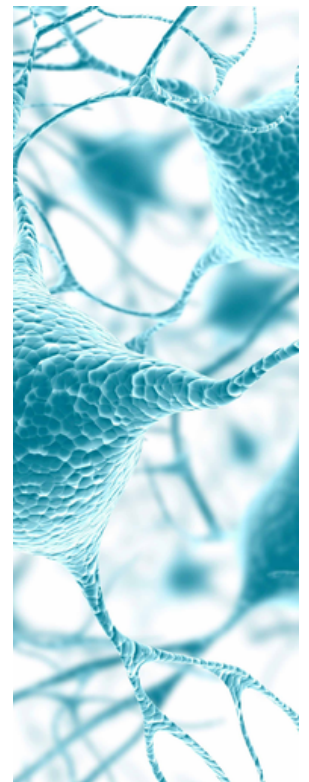
- > No more TMJ
- > Extreme Hunger ( My Digestion had finally woken up)
- > Blood sugar regulation - I lasted 2 hrs in an low intensity Exercise induced environment, this has not happened in over 3 years, just amazing considering I could drop from 10m of walking.
- > I had colour and glow in my eyes.
- > Although I was tired I had this big burst of energy.

Fears that I overcome this day

- >Walking to the beach
- > Catching Local Bus system
- >Letting go of my constant need to check and control my Blood Sugar's

**I was riddled  
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NeuroPhysics Therapy has given me the tools, Knowledge and understanding of how my body works and how all my behaviours surrounding my condition only escalated my health putting myself into a perceptive state of fear, my symptoms had complete control of my life



# I NOW HAVE CONTROL OF MY HEALTH, THANKS TO NEUROPHYSICS THERAPY

by Liz Avis

## DAY 2 Intensive Therapy - Stewart Cherffirs: NeuroPhysics Therapist

I walked into the NeuroPhysics Therapy Institute like a Mack truck had hit me, I could tell day 1 had been effective with the letting go process and allowing the tremor therapy and program to start to re-boot my system. The pathways were beginning to communicate.

The psychological key phrases or words that were used to help you stay focused and centered on the letting go process were by far the most advanced and easily connectable choice of words to use to help you stay connected to your body whilst letting go of all that stress and white noise that we have built up in our bodies, the stress which leads to a breeding ground for diseases to take residency, these Psychological Key Phrases were the very fundamental tools I needed to gain back the mental confidence that I had lost, when you focus on your Anxiety surrounding your illness or injury you really forget how to be present in the moment and to step out of what you are feeling and to just stay centered. Your NeuroPhysics Therapist will repetitively use these Key Phrases and I can understand why....they work....I would even go as far to say they work better than a counselling session, or psychotherapy session etc, they are short and sweet easy to remember and the brain is able to adapt quickly to this new information so positive change can take place without feeling overwhelmed.

The health improvements I experienced after day 2

- > No more TMJ
- > Extreme Hunger ( My Digestion had finally woken up)
- > Blood sugar regulation - I lasted another 2 hrs in an low intensity Exercise induced environment
- > I felt like an energizer battery fully charged....so much energy it felt like my body had finally woke up from a big sleep.
- > My spine and hips feel like they are actually a part of my body instead of the tightness I was experiencing.

Fears that I overcome this day

>Venturing out at night to buy takeaway food - probably not a big deal to most but when you spend 2 years bed ridden you become oversensitive to outings that are beyond your comfort zone. It is amazing how stress, anxiety ,social, environmental and personal emotional pressure can impact on your health.

I met Nickie Ware today Ken's partner in crime- Nickie is Ken's Wife and although Ken is the founder of NeuroPhysics Therapy, Nickie's has been a big player in the success of NeuroPhysics Therapy, what an amazing therapy they have both developed and continue to polish so people all around the world have the ability to heal their own body. Nickie spoke with me about the nutritional strategies I will implement in order to restore my health again. I learnt so much about the foods I was eating and how they were keeping disease active in my body as they to were adding to the constant fight or flight response my body was experiencing.

Nickie used a key word that has stuck with me surrounding my fear of food "Don't make it famous", due to my body's high histamine response I have only been able to eat rice, oats, meat and veg but I would consume more grain then fresh produce as I was using them to get my sugars up....this was having a knock on or roller coaster effect on my body.

I needed to start my day on protein, but could not eat eggs as my body reacted to them, and due to the dysfunction that had built up in my system my body could not digest protein very well and I would have a hypo just from eating protein. But in order for me to get better, I needed to step out of my fear of the food giving me a hypo and embrace what body needed...Protein...so Steak and Veg for breakfast it was and to introduce eggs back in and just use the tools I had learnt.

## DAY 3 Intensive Therapy - Stewart Cherffirs: NeuroPhysics Therapist

I wake up with a lot of morning lows and still felt like a Mack Truck had hit me, I had to eat during my session today as my body started to revert back to what it was used to - the very chaos I was trying to get rid of, fear and anxiety crept back in and reared its ugly unwanted head. Stewart kept me calm and focused and just kept reminding me not to participate in my symptoms do not give it a jersey and stay in the present moment and to keep my thoughts high. So I did exactly that, I embraced the key phrases, as I had a job to do and that was to get better and take back control of my health.

The health improvements I experienced after day 3

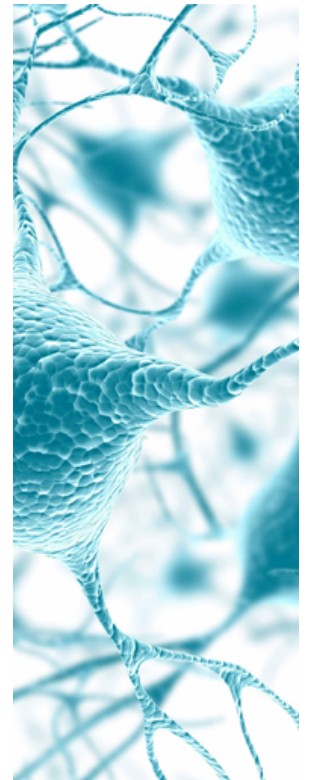
- > No more TMJ
- > Extreme Hunger ( My Digestion had finally woken up)
- > Blood sugar regulation - I lasted another 2 hrs in an low intensity Exercise induced environment
- > I felt like an energizer battery fully charged....so much energy it felt like my body had finally woke up from a big sleep.
- > My spine and hips feel like they are actually a part of my body instead of the tightness I was experiencing.
- > A huge sense of happiness
- > Blood sugars are stabilising with daytime fasting picking up, this has not happened in over 3 years
- > Lower back feels amazing no more tightness I feel like someone has ironed out my muscles.
- > Clarity in my thoughts, feel so much more confident
- > Gaining more flexibility especially in my hip flexors
- > Dumping Syndrome symptoms are becoming less

Fears that I overcome this day

- > Big Shopping centers
- > Not giving into the panic of my symptoms and how they make me feel. I did not make them famous

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# I NOW HAVE CONTROL OF MY HEALTH, THANKS TO NEUROPHYSICS THERAPY

by Liz Avis

## DAY 4 Intensive Therapy - Stewart Cherrfirs: NeuroPhysics Therapist

Day 4 is your last day of the 2 hr daily intensive therapy that you do, and despite 2 out of 4 of the days waking up feeling like a Mack Truck had hit me day 4, I woke feeling fresh as a daisy and refreshed from a good night sleep, having blood sugar dys-regulation meant that I would have constant lows overnight and as my only treatment was to eat, I would spend half the night eating foods to keep my blood sugars stabilised I did not have quality sleep from this condition as my body would still need fuel every 3-4 hrs overnight, my body just could not fast any longer than this having constant Blood sugar lows overnight was so exhausting. That was until NeuroPhysics Therapy gave my body the re-boot it needed, for the first time in over 6 months I had an overnight fasting period of 6 hrs! am just blown away & amazed how in such a short period of time my body was starting to communicate and work again.

The health improvements I experienced after day 4

- > Blood sugar regulation - I lasted 2 hrs in a low intensity Exercise induced environment, this has not happened in over 3 years, just amazing considering I could drop from 10 m of walking.
- > I can breathe easily without a panic feeling, my lungs feel more open and free
- > Frequent urination reduced dramatically
- > Plantar faschia injury to my right foot, due to the damage to the tendon it was like a ball in the middle of my foot and would spasm for no reason, to my surprise the tendon is now straight and smooth and no more spasms.
- > I have a broken tail bone and there was nerve pain there before I started NeuroPhysics Therapy well its gone now.
- > Huge amounts of energy, huge....
- >Tummy Tenderness Gone
- >Increase in flexibility.
- >2 hr fast after eating Protein and Veg for breakfast - this has not happened in 3 years - I could not digest protein very well so it would cause a hypo if I ate large amounts of it.

Fears that I overcome this day

- >Walking a longer distance down the beach, I went into the ocean, only my feet as it was cold, but even that would scare me as I could never be far from all of the things that were keeping me safe, "my food and my Blood glucose meter to check my blood sugars" I walked approximately 1 km this day, previously I could not even walk 400m without needing to eat due to low Blood sugars, so this time when they dropped I sat down on the beach let out a tremor to give my body new information instead of the panic I would feed it prior to NeuroPhysics Therapy I am in absolute shocked and blown away that my sugars went up without the need to eat.....un freaking believable I wish I had come across NeuroPhysics 3 years ago I it would have saved me a lot of money, but also I would have had quality of life again
- >Letting go of my constant need to check and control my Blood Sugar'more and more feeling safe within my body.

## DAY 5 NeuroPhysics Therapy - Stewart Cherrfirs: NeuroPhysics Therapist

I woke feeling amazing again all I can say is wow I have not felt this great in so many years how is this possible, it has only been 5 days...Being a Fitness Instructor for the last 14 years I have a fair understanding and aptitude of the human body, but I am blown away by how the very exercise equipment I have been working with held the secret key to me getting better, this very concept now has me so hungry to do my Neurotrician Certification so I to can pay it forward to help change the lives of others, which I thought I was doing that as trainer but I was also very aware that most clients only achieve short term results and some none at all...here is a therapy that treats the body's system as a whole so if there are any restraints NeuroPhysics Therapy will unlock it and get your nervous system communicating again. NeuroPhysics Therapy does not discriminate the program you are given helps with all conditions, Injuries, performance weight-loss the list and possibilities as to what NeuroPhysics can help improve your life with is just amazing.

Day 5 was to go over my program the very program that is NeuroPhysics Therapy, this is the tool to keep my body communicating along with psychological tools I have learnt whilst using the exercise machines.

The health improvements I experienced after day 5

- >Still symptom free from all the previous days +
- > Blood sugars are improving more and more each day, to get regular 2 hrly fasting periods after foods when you have to constantly eat every 30 mins - 1 hr was exhausting, now its a novelty and I feel free from the burden of my chaotic body
- > I am able to master the art of keeping my thoughts centered and calm and to just be in the present moment.

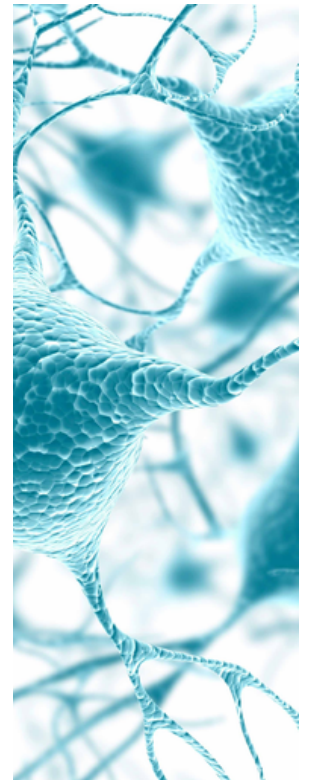
## DAY 6 NeuroPhysics Therapy - Stewart Cherrfirs: NeuroPhysics Therapist

wow wow I wake from a 7 hr fast , then back it up with a 2 hr fast after breakfast, this has not happened in years, I feel so overwhelmed with happiness I let out a few tears ....My blood sugar dys-regulation was the very thing that I wanted improved from the therapy and I could not believe all it took was 6 days in total of NP, I just have to keep getting the word out there about NeuroPhysics Therapy, if it can help me, it will certainly help so many more.

Day 6 was a bitter sweet day for me as I said goodbye to my NeuroPhysics family the very facility that gave me hope that I could overcome my health problems now my Amazing incredible health Treatment to help me keep powering forward and maintaining control of my health. When you are dealing with chronic illness or injury that has led to just existing vs living, to have such a significant improvement in such a short amount of time, when you have been trying relentlessly for years to get a positive breakthrough, I feel it would be negligible of me not to share my story I only hope that I can spread the word as much as possible in a loving and positive manner, even if its one person that reads this and decides to make the call to The NeuroPhysics Institute, then that is one more person who has the ability to use the same tools I have learnt to restore back their health for whatever the reason they require....

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by Liz Avis

7 days Post Intensive Therapy - Stewart Cherriffs: NeuroPhysics Therapist

Since completing my Intensive Therapy and continuing on with my ongoing resistance program, I am happy to say that I am still kicking big goals in terms of my health and overcoming fears, my blood glucose sugar levels are stabilising more and more each day, I rarely even need to check my Glucose levels, I went from checking them up to 15 times a day to now maybe 1 or 2 times to none at all.

NeuroPhysics Therapy has changed my life and I can not thank the founder of NeuroPhysics Therapy Ken Ware enough. Ken has challenged the medical and science boundaries with NeuroPhysics Therapy, Ken on his own personal conquest to improve his own health demons and exercise performance literally stumbled across a therapy that had no medical literature attached to it. Ken had to work extensively to prove his findings and to correlate data on the positive health affects it was having on himself and the patients he treated, Ken exhausted every thought and scientific process whilst challenging his symposium of chaos theory with the leading scientists and medical boards to get NeuroPhysics Therapy accredited as a therapy which is now scientifically and clinically proven, there is now a why to explain how it helped so many who experienced NeuroPhysics Therapy, the hours Ken put in to get NeuroPhysics to where it is today is just phenomenal....without Kens passion to help others achieve quality of life again, I would be still just existing and not living. Thanks Ken....

The support from The NeuroPhysics Therapy Institute is of such a high calibre you just can not fail at getting well again. When you read the claims of NeuroPhysics Therapy being one of the most advanced forms of training and rehabilitation in the world, it truly is and the results I have experienced and many others before me is a true testament of how advanced it is and how it can work for anyone, and it is in our very own backyard. A holistic non invasive approach to healthcare, and you get the tools and knowledge to heal your own body, no going back to weekly doctor appointments seeing specialists, psychologist, naturopaths, you just cant get that from our current western medical field. I have gone from no effective treatment in 3 years to feeling more like my former self in 6 days how is this possible.....imagine how well I will be in a month to a years time....

One of my biggest fears I had when it came to my condition was long distance driving, I decided for the safety of myself, my son and other road users that my erratic blood sugar state was to unpredictable that I did not want to take that risk. With a big smile on my face I can say that the tools that I gained from NeuroPhysics Therapy gave me the strength and confidence to jump in the car and drive 2 hrs from my home town. I did this on day 9, so I have gone from not driving long distances for over a year to driving in just 9 days.

I just can not thank my Therapist Stewart Cherriffs enough for being my little voice in my head and mentoring me with such a calm and composed state as I needed those very tools within myself to help gain some control of my anxiety and erratic behaviours associated with my health condition, in a sense Stewart was my potential mirror, what the therapist reflect's you soon adopt and put it to practice in your own life. I don't think we fully realise how much white noise and stress we cause our bodies within our anxious thoughts, fears, behaviors and stressful busy lives that when we start getting little warning signs from our bodies it is a wonder why our bodies start going into flight or fight response and into survival mode., but this very stress can have the biggest impact on our health in such a negative way, but to have the tools now to disperse that stress and re-calibrate on a daily basis, wow what a great feeling to have control again.

There is this beautiful ripple effect that takes place with NeuroPhysics Therapy, so not only has Stewart's Mentoring helped to change my life he has helped to change the life of those around me, especially my son Mitchell, being a single mum it can be tricky to play the role of both parents then add a chronic illness to the mix only amplified my ability to get well, and although Stewart's mentoring is just him stepping into his role as a NeuroPhysics Therapist he is doing more than just his job as he has such a deep connection with his clients, as do all the therapists as your well being is their's also. Stewart makes the letting go process so much easier as this is when you are at your most vulnerable and raw emotional state letting down the walls to, let go of the very behaviours that you have been using for survival mode. Being a NeuroPhysics Therapist takes a special someone to help you let down the walls of vulnerability and let go of all the anxiety's associated with your conditions, whether it be illness injury, anxiety, depression, whatever the reason your therapist is helping you let go of the very crutch you have been holding onto and to help you to do that requires a lot of mental strength on their part also.

All I can say is that I have gone from having so much dysfunction in my body to feeling like the world is my oyster again, I went from being bed ridden for 2 years which was as a result of my toxic personal home environment to re-claiming my health in just 6 days, there is still more work to do and I have to keep doing the resistance program as per requirements by your therapist as this is the bread and butter of the success to staying healthy and ultimately we are all responsible for getting our health better and by walking in the doors of NeuroPhysics is only the first step..... One of Stewart's final comments to me that I took a personal note on was "I HAD Dumping Syndrome", as I am not my disease, I just had some dysfunction going on that needed shifting and re-calibrating now my system is working again" I am just me, in this present moment". NeuroPhysics Therapy gives you the tools to take home to heal your own body, they purely facilitate a therapy to get your body on its way to healing, if you do not do the on going maintenance from the resistance program then you are the one not achieving the results as you are given the power to take control of your health, the therapists can not do the work for you, you have to make that ongoing choice.

Thanks again To Stewart Cherriffs my mentor my coach, my NeuroPhysics Therapist at Robina QLD your calm composed state along with your, passion and knowledge made it easy for me to do the work that I needed to let go, I just cant thank you enough for your support while transitioning through my fears and anxieties, I can safely admit that as I type this testimonial that a few happy tears have shed from my eyes....3 years of a debilitating condition was exhausting and now I can move forward and live life again what a difference life is now...Thank-you Stew and the NeuroPhysics Therapy Family I now have my freedom and Independence back again and can finally release all the fears I created from form my constant perceptive state of fear I lived in based on a condition that was a result of my years of built up emotional, environmental and physical stress.

Liz Avis, Deniliquin NSW, age 35, Fitness and Wellness Coach

**I was riddled with fear, my fears dictated my quality of life**

NeuroPhysics Therapy has given me the tools, Knowledge and understanding of how my body works and how all my behaviours surrounding my condition only escalated my health putting myself into a perceptive state of fear, my symptoms had complete control of my life

