

Special
points of
interest:

- New DVD series promises greater happiness!
- Sports performance linked to emotional energy.
- Phobias can be transmitted like a virus!
- A new path for both western and holistic medicine

Find it
inside:

- GL advances lead behavioral change 2
- Sports and emotional discomfort 2
- Fight or flight response programming 2
- Weight-loss woes get new hope 3
- You can catch a "phobia cold" 3
- Is there a "hole" in holistic medicine? 4
- New web broadcast series 4
- THC Sequence (Supplement) 5

Detox Your Emotions With THC

2009

Emotional Detox News

Video Instruction Promises to Increase Happiness

A new instructional DVD series promises to help us achieve a greater state of happiness. It is designed to assist everyday folks, and it will be valuable for the most experienced behavioral practitioners as well.

"The biggest reason most of us are unhappy is due to emotional reactivity," says Dr. Gary Laundre, who designed the 3 workshop series for home use. "We may believe that we can control this reactivity using affirmations or determination, but that isn't possible. The emotional toxicity we accumulate during our lifetime is embedded so deeply within us that new techniques had to be developed to dissolve them. We now have proven

ways to accomplish this vital objective."

Dr. Laundre asserts that the inability people have to further their career or attain satisfying relationships is tied directly to the level of emotional toxicity that exists within them.



DVD explains a very effective makeover process that naturally produces a happier state of emotional well being.

"We know that there is a direct relationship between our everyday decision-

making abilities and the invisible self-limiting emotional conflicts embedded within. These are the toxic but unconscious memories that interrupt our natural progress towards a healthy comfort zone," he says. "Who would have thought that the reason we've never been able to break through those barriers is due to a bio-neural capacitor inside of us that records all the colors of fear and anxiety we encounter and then abruptly zaps us if stimulated by any of our senses."

Laundre believes that the majority of us are part of a huge population of "walking wounded" who are unconsciously inhibited because

Continued on page 3

Top Fear-Release Expert Now Provides Free Web Training

Gary L. Laundre, Ph.D., American Institute founder and internationally-known expert on fear, phobia, anxiety, and stress, recently announced the development of an internet-based training program designed to help people utilize the open-source fear-release

material that he publishes on his website.

According to his publisher, Lloyd Richmond, Dr. Laundre is committed to provide online coaching so that virtually anyone can discover the latest methods available to bring greater peace and prosperity into their lives.

The new online training series directed by Laundre himself, is a light-weight version of the one-on-one coaching that he provides to his regular clientele.

"Just because it is an online version doesn't mean that it

Continued on page 4



Video animations show how to get the best results from techniques.

“Fear-laden emotions can cause a bio-electrical cascade in the body that can cause a reduction in performance”

The body’s electrical circuitry is a key to the release of fear.



Bio-neural Advancements Due to Laundre’s Work in Behavioral Change

Gary L. Laundre, Ph.D., founder of the American Institute in Grand Rapids is advancing the work of behavioral change with his fascinating new DVD workshop.

This wonderful program has taken over 25 years to develop, and is a culmination of Laundre’s work with thousands of clients and years of research into the causes and remedies for fear, anxiety, doubt, stress, and phobias.

His studies conclude that there is a vital link between cellular memory and healthy brain functions. The result, he says is a predictable pathway to better emotional health.

Laundre’s research has led to a greater understanding of a new bio-neural science relating to mind-body functions. This science begins to explain why many people are unable to achieve success, satisfaction and happi-

ness in life. All of this is addressed in his 3-hour workshop about detoxifying emotions. “Now, anyone can expand their emotional comfort zone and release emotional barriers that have previously held them back,” states Dr. Laundre.

His THC-detox process fixes these problems. It is totally unique—combining science and a simple activity designed to improve emotional wellness .

Declining Sports Performance Linked to Increased Emotional Toxicity

Fear-laden emotions can cause a bio-electrical cascade within the body that may be the reason for reduced sports performance and other physical and mental activities. This is the conclusion of Gary Laundre, Ph.D., a leading behavioral therapist who treats clients suffering from such issues.

Recently a golf pro who suddenly lost his capacity to drive the ball straight and true down the fairway sought Laundre’s help to correct the problem. Prior to this therapeutic session, he had worked many hours trying to retrain himself, without success.

Using simple tests, Dr. Laundre confirmed the probability of emotional reactivity being the culprit. Then he asked the golfer to demonstrate his swing. It was ugly. Then, after Laundre’s standard THC-detox session, the golfer was asked to repeat his golf swing. Everything had returned to normal! In situations where physical stability and mental acuity are important, emotional comfort may be an important key.

Greater Happiness Achieved by Releasing “fight or flight” Programming

A new discovery about how traumas and fears are stored and released in the body appears to be a bridge to greater happiness. Modern scientific research confirms that our emotional reactivity (fight or flight response) is stored as a bio-electric “program” that is released automatically whenever it is triggered by things we see, feel, smell, or taste, etc.

Researchers acknowledge that a trauma or fear thus stored in the bio-neural system will automatically “go off like an alarm” before we consciously can determine whether it is a real threat or not. Some call it “fight or flight” response. Dr. Gary Laundre’s new THC-Detox program is based upon this amazing and emerging new science. In addition to personal consultation, Dr. Laundre has self-help books and videos on the subject.

...Increased Happiness

Continued from Front Cover



Dr. Gary Laundre explains his THC methods and techniques.

With that in place, he then explains the step-by-step system to detoxify emotions inside. A growing body of clients attest to its effectiveness. Some

notice changes in the first few minutes after they start using Dr. Laundre's techniques.

DVD participants discover how the detox process works, the science involved, and

why changes are both cumulative and permanent. Gary's style is light and friendly, often

humorous, and always engaging.

Video sidebars, demonstrations, animated

sequences, a full-color printed user guide and a handy on-the-go reference tool is provided. It's a great value.

"Some participants notice change in the first few minutes after they start using it."

of the emotional resistance that has built up inside of us. Thankfully, the solution he offers is a simple and easy one. In the DVD, he shows a technique dubbed "THC sequence." It is very easy to do.

Weight-Loss Woes May Lighten With Balanced Emotions

Maintaining a healthy lifestyle includes proper nutrition, physical exercise, and body weight. For those who have difficulty maintaining that lifestyle, there is new hope.

In a recent telephone interview regarding weight loss, Dr. Gary Laundre made a bold statement about the subject. "I am not afraid to say that no matter what else you are doing, there is no true wellness without overcoming emotional toxicity," he says. "I have worked with weight-loss clients for many, many years, and

except for a few rare exceptions, the core issue is best addressed by dealing with the underlying emotions that drive behaviors with food."

Laundre's emotional detox program focuses on simple and specific actions that do not require will-power to succeed. Instead, he uses a more universal approach which releases emotional ties to food. The positive outcome, he claims, is a natural change when emotional triggers are released.

"There is no true wellness without overcoming emotional toxicity"

Phobias Often Acquired via Secondary Exposure

Judy DeLoache, a professor of psychology at the University of Virginia, happens to be petrified of snakes. In an interview with LiveScience, an online newsletter, "I've always been fascinated by how people develop those fears," she says.

Dr. Gary L. Laundre, a fear and phobia expert at the American Institute in Grand Rapids describes the problem as "an emotional acquisition." His research concludes that less than half of the fears have come from personal experience. "Human beings can catch fear in the same way that we can catch the common cold—through exposure to others," he states. Laundre recently discussed the subject in his new book, *"The Happiness Code—The Amazing New Science of Creating Our Ultimate Emotional Comfort Zone."*



Fear of spiders and snakes can be transmitted from one person to another.

Free Emotional Detox Training

Continued from Front Cover



THC-Detox workshop participant discovers the effect of emotions on physical and spiritual wellness.

is not effective in helping people,” states Laundre. “This will allow anyone to begin the process of attaining greater emotional health.”

Participants in this web-based training are taught Laundre’s system of eliminating fears that hold them back.

There is limited “seating” for the online events, but interested parties can reserve a spot by registering at the THC website.

“The events are free, of course,” says publisher Richmond. “We want to educate everyone who attends by giving them a unique set of self-help tools and vital knowledge for wellness. We also hope to tantalize them with some of Gary’s latest work that is on the cutting edge of bio-neural science. For those who are serious

and committed to emotional health and wellness, we will encourage them to participate in some of Dr. Laundre’s other book, video, on-line, and live offerings.”

The four-part training event will be presented through web-broadcasting, a format that is very effective in delivering training both live and in an on-demand basis. Live events will have limited participation. On-demand events can be viewed for a limited time immediately following the live broadcast.

Subject matter in this series includes simplified explanations of science, training on utilizing Dr. Laundre’s free online tools, information tied to personal performance in business, success in relationships, and a special section for wellness practitioners.

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Five minutes that will change your life!

Is there a “hole” in holistic medicine?

Dr. Gary-Laundre utilizes drama and humor to illustrate a point during wellness event.



By Gary L. Laundre, Ph.D.

Growing interest in alternative medicine has created a lot of controversy over the years. Many of us are interested in figuring out a way to become healthier and happier using “natural” solutions.

Even so, the prevailing influence in the medical world is still tied solidly to Western-style medicine with its strong reliance on pharmaceutical solutions and invasive treatments. Underlying all of this is the cost factor—how much can we really afford? Our political

leaders lean on our interest in better health to draw votes for the latest way to deliver healthcare. It can be confusing.

I’ve been recently pondering over the whole idea of “holistic medicine.” What is it really? For me, few, if any holistic practitioners are WHOLE-istic when it comes to wellness. Why? Because no one is addressing the underlying health issue that effects all others—emotional health.

I encourage any who are interested in the whole approach to wellness to reconsider their strategy. We now have plenty of proof to show us that there is a cascade effect when emotions are tuned to release negative behaviors and reactivity. Immediate benefits are seen with physical health, weight control, physical capacities, mental awareness, and decision-making.

We’ve nearly reached the tipping-point where clients who seek for wellness will not be interested in our services if we haven’t included an emotional wellness component in our practices.

So, whether you follow Western or holistic medical traditions, I recommend an interest, study, and participation into the area of detoxifying emotions. I am convinced we will all benefit from that new direction.