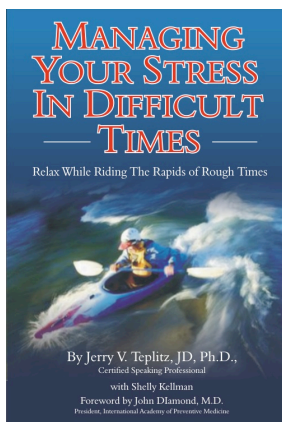




**Jerry V. Teplitz, J.D., Ph.D**

Dr. Jerry V. Teplitz is a professional speaker and pioneer in the area of stress management, teaching people how to have greater business and personal success by showing them how to tap into the power of their own personal energy systems. He has given more than 1,700 presentations to more than 1 million people since 1974, including many Fortune 500 companies.

Dr. Teplitz is the author of four books, including *Managing Your Stress in Difficult Times*, and has been interviewed on more than 300 radio and television shows. He is based in Virginia Beach, VA.



## EASY STEPS TO REDUCE OFFICE STRESS AND INCREASE PRODUCTIVITY

Dr. Jerry Teplitz teaches people to reduce their stress without medicines or money.

Don't let crabby co-workers get to you. Holding your tongue "just so" will give you the boost you need to keep your cool.

Use the right kind of music with your office "on-hold" system to increase customer satisfaction and reduce complaints. The same music can calm employees, too. So tell them to leave the iPod home before that big meeting.

Increase late afternoon productivity levels by 63 percent and reduce afternoon fatigue by more 60 percent by changing the lighting in your office from cool white fluorescent tubes to full spectrum tubes. Employees report fewer headaches, more energy, and a greater sense of well-being.

These simple stress-reducers are just a few of the effective techniques taught by Dr. Jerry Teplitz to help people manage their stress in difficult times.

### SEVEN STRESS-BUSTERS

#### THE SOLUTION THAT IS RIGHT ON THE TIP OF YOUR TONGUE

Jerry can demonstrate how placing the tongue gently against the roof of the mouth, about 1/4 inch behind the teeth, strengthens the body's meridian lines and keeps the energy flowing, reducing stress to the body.

#### HOW A CHANGE IN OFFICE LIGHTING CAN REDUCE TENSION DRAMATICALLY

Full spectrum fluorescent tubes simulate the wavelength of sunlight. Studies have shown that they provide many benefits: headaches disappear and afternoon fatigue declines, while productivity levels actually rise.

#### FIVE-MINUTE MEDITATIONS THAT CAN BE DONE ANYWHERE, ANYTIME

When you meditate, you go into a state beyond deep sleep. Your heart rate, breath rate, and vital signs are lower than the normal state of sleep, so in effect, you give your cells and your body a tremendous amount of rest in a very short period of time.

#### A 90-SECOND CURE FOR HEADACHES, EVEN MIGRAINES!

Shiatsu massage therapy helps relaxation, improves circulation, and strengthens the immune system. Quicker, safer, and cheaper than an OTC pain reliever, it is easily demonstrated on-air by Dr. Teplitz. He has had more than 300 radio audiences experience this technique.

#### ALMOST-INSTANT INSOMNIA RELIEF

By telling your body to relax, one part at a time, from head to toe, you can get your muscles to relax and your mind can sweep you off to dreamland.

#### A 20-SECOND TAP THAT DELIVERS IMMEDIATE ENERGY

The thymus gland defends the body from illness and stress and regulates the flow of energy throughout the body. Tapping on the thymus gives you an energy boost.

#### HOW THE RIGHT MUSIC CAN MAKE YOU - AND YOUR KIDS - MORE PRODUCTIVE

The sounds around us have a significant impact on our health and well-being. Certain music enhances our energy fields, so you can work more effectively. It even helps kids with homework!

**CONTACT JERRY TEPLITZ OR SANDRA LEE**

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