

Dear Friends,

Last April, I attended the *2008 Sixth Annual Scientific Conference on Integrating Mindfulness-Based Interventions into Medicine, Health Care, and the Larger Society*, and was motivated to try something new... and we did. It was successful, and we are repeating it. This is why:

Two presentations in particular at the conference struck me: One on HIV Positive subjects practicing Mindfulness-Based Stress Reduction and the other on subjects with Multiple Sclerosis. In both studies, those patients in the treatment groups saw stabilization of their physical symptoms, while those in the control groups found their symptoms worsening significantly. The mindfulness-based stress reduction class was the only intervention being looked at in these two studies. It turns out there are other studies showing positive results for Fibromyalgia.

What if we took a more whole-bodied approach to working with these life-threatening and crippling conditions?

What if we combined that Mindfulness-Based Stress Reduction class with ground-breaking nutritional support that included basic dietary changes moving towards a pH balanced diet with added supplementation? Both of these have shown excellent evidence of reversing challenges to the cardiovascular, immune, structural and digestive systems.

For people working with Chronic Degenerative and Auto-Immune Disorders like Fibromyalgia, MS, Parkinson's, Chronic Fatigue Syndrome, HIV, RLS, Rheumatoid Arthritis, Lupus, Lyme Disease, cancer and the similar diagnoses, who would like to try this approach, we are offering an eight week pilot program starting Tuesday, September 30th and running eight consecutive Tuesday evenings through November 18, 2008. We have 8 slots available.

Charges for people with these conditions who are willing to work the entire program will be discounted to only \$75, from the standard charge of \$390 for the mindfulness component, on the condition that they are willing to fully participate in the entire program and purchase the supplements suggested. The wholesale pricing offered for the supplements runs about \$150 per month.

The three main components to the class will be:

1. The Mindfulness-Based Stress Reduction training including Practice Manual, CDs and handouts, all based on the work developed at U Mass Medical Center in Worcester by Jon Kabat-Zinn
2. A diet program starting with the South Beach diet and moving into a pH Balanced diet including all the education and support necessary to implement these dietary changes during the class.
3. A specific supplementation program including the required alkalizing greens drink, liquid anti-oxidant supplement, and liquid L-arginine supplement.

(Also includes two books, pH testing paper, instruction about pro-biotics, digestive enzymes, as well as training in emotional intelligence and communication skills.)

Participants must be willing to document their symptoms before, during, and when finished with the eight week class, and track their dietary and home practice compliance. (The first two studies noted above showed compliance-related variations in the degree of relief and stabilization of symptoms.)

In an initial run this past spring, we had reversal of long-standing Fibromyalgia and Chronic Fatigue symptoms after the first few weeks of the class. Here is one story:

When I enrolled in the Pilot Program for Chronic Degenerative and Auto-Immune Disorders at Cape Stress Reduction, my primary goals were to lose weight and to lower my cholesterol which has been resistant to the commonly prescribed drugs.

I certainly did not expect the chronic pain of many years of fibromyalgia would virtually disappear after just several weeks on the program. REALLY!

I am experiencing greatly increased energy, a much improved mood and a more relaxed manner. And all this in six weeks! I truly look forward to the remaining two classes.

Gretchen E., Forestdale

**Another woman diagnosed with Fibromyalgia has said the energy drain, aches and pains and general malaise are gone.**

**A third woman with Fibromyalgia, Rheumatoid Arthritis and diabetic neuropathy had her pains dissipate, cholesterol drop, edema end, and her neuropathy improve significantly (she was able to handle a single sheet of paper with her formerly numb fingertips, as well as walk freely, climb stairs again, and sleep well).**

I am doing free consultations to introduce this novel and integrated approach to those interested in participating:

Please let anyone you feel might be interested in this program know about it ASAP and have them call me for further information. I can be reached at 508-420-3300.

Thank you for your help and your support.

Sincerely,



Adam Liss, Director, Cape Stress Reduction & Optimal Health



Click here for the [Cape Stress Reduction & Optimal Health](#) web site