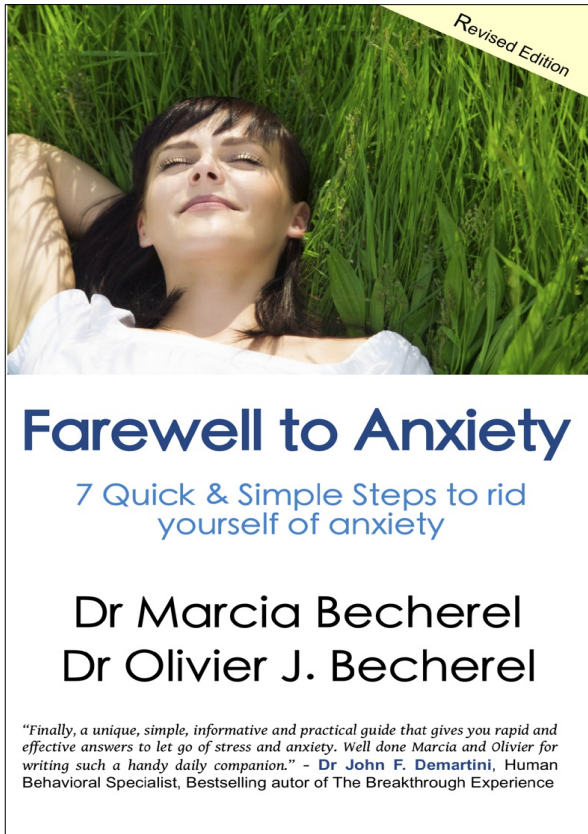


## Excerpt from **Farewell to Anxiety**



## **The Biology of the Stress Response**

**Available from Amazon.com**

# Farewell to Anxiety

7 Quick & Simple Steps to rid  
yourself of anxiety!

Dr Marcia Becherel  
Dr Olivier J. Becherel



**Mastery to Success**  
The Human Potential Academy

© 2012 Drs. Marcia & Olivier J. Becherel. All rights reserved. Except as permitted under the Australian Copyright Act 1968, no part of this publication may be reproduced, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in a retrieval system, without prior consent of the authors.

# Disclaimer

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, medical or psychological problems without the advice of a physician, therapist, or psychologist either directly or indirectly. If you are currently being treated by a physician, psychologist, or any other healthcare practitioner for any condition or disease, consult with that provider prior to changing or modifying any treatment program. The intent of the authors is only to offer educational and transformational information to help in your quest for emotional freedom and spiritual wellbeing. In the event you use any of the information and techniques described in this book for yourself, the authors and the publisher assume no responsibility and no liability for your actions.

Time Line Therapy® is a trademark of Tad James, licensed exclusively to the Time Line Therapy Association.

HeartMath® and Freeze-Frame® are registered trademarks of the Institute of HeartMath.

Drs. Marcia & Olivier J. Becherel are members of the Time Line Therapy® Association.

Dr. Marcia Becherel is a Licenced HeartMath® Provider.

# Table of Contents



<b>Foreword .....</b>	<b>13</b>
<b>Introduction .....</b>	<b>15</b>
<b>PART I - What Is Anxiety?.....</b>	<b>19</b>
Us and Anxiety?.....	21
<b>PART II - The 7 Steps.....</b>	<b>25</b>
Step 1 - How Healthy Are Your Mind, Heart & Spirit? .....	25
Step 2 - We Are In Charge (of our thinking).....	29
Step 3 - Fire Your Anxiety Radar.....	35
Step 4 - Changing Our Thoughts Change Our Life.....	41
Step 5 - How To Restore Balance?.....	45
Step 6 - Cruise Control On An Anxiety-free Life....	51
Step 7 - Coming next... Moving Beyond Our Illusory Boundaries.....	59
In a Nutshell.....	62
<b>PART III - The Biology of Stress &amp; Anxiety: From Biology to Energy to Thoughts.....</b>	<b>63</b>
Stress & Performance.....	67
Biological Response To Love vs Fear.....	71
Biology Of The Stress Response.....	73
In a Nutshell.....	77
The H-P-A Axis.....	77
How Stress Affects Our Hormonal Balance.....	81

Cortisol, The Stress Molecule.....89

    Cortisol & Blood Sugar Levels..... 92

    Cortisol & Widespread Effects..... 93

    Cortisol & Reproductive Hormones.....94

    Cortisol, DHEA & Longevity..... 95

The Cell’s Response To Chronic Stress.....99

In a Nutshell..... 99

**PART IV - The Heart-Brain-Body Network..101**

    The Heart Rhythm..... 103

    Emotions Affect The Heart Rhythm..... 103

    The Three Brains..... 107

    The Heart Breathing..... 112

    Back to Reality..... 113

**PART V - Fast Anxiety Relief Technique.....119**

    What is Time Line Therapy™?..... 119

    Fast Anxiety Relief technique..... 125

**References..... 129**

**Afterword..... 131**

**About the Authors.....133**



# Foreword

Anxiety the plague of the 21st century, consuming the energy and power of many people, can now be easily, rapidly and effortlessly tackled effectively in simplicity. In *Farewell to Anxiety: 7 Quick & Simple Steps to rid yourself of Anxiety*, Marcia and Olivier share a series of tips that will enable you to understand *How you create your own stress and anxiety*, day in, day out. Following these simple steps, you will be able to quickly rid yourself of anxiety and stress by simply paying attention to your thoughts, and accepting that symptoms of anxiety and stress are just alerting you that your are out of balance. And that by simply consciously directing your thoughts towards what you really want, you will easily restore homeostasis, inner peace and harmony. This little book is a quick and easy read that will provide you with practical, simple and rapid answers to overcoming anxiety and stress. You will also find within these lines, an overview of the physiological consequences of stress and anxiety and the amazing biological processes that have evolved to cope with it. Finally, Marcia and Olivier end this book by sharing an exquisite and powerful process, the Fast Anxiety Relief, based on Neuro-linguistic Programming (NLP) and Time Line Therapy™ technologies. These are the most modern and cutting edge technologies for personal development and growth. Make sure you keep this book handy and you will be quickly and richly rewarded.

**Drs. Tad & Adriana James**

*Master Trainers of NLP and Time Line Therapy™*





## PART III

# The Biology of Stress & Anxiety: From Biology to Energy to thoughts

We live in very stressed out society. Everybody will agree with that. That is why stress has become one of the major epidemics of Modern society. Stress and anxiety [*a form of stress*] affect our health and behaviour in a variety of ways.

So let us consider that we, humans, react to environmental stimuli through our *perception* of the outside world and *elicit* appropriate *behavioural responses*.

This is in fact the emerging current view of scientific research since genetic defects account for about 5% of the population.

The other 95% that are genetically healthy still experience diseases.

*How we react to our environment, or how we think in response to some past or future moment that may be stressful is responsible for most of the maladies, both at the physical and emotional levels, from which we suffer.*

***Stress is when our body moves out of normal homeostatic balance.*** When we react to something, the body produces numerous chemical changes that alter the normal psychological-chemical inner order.

**The *stress response* is what the body does to re-establish normal homeostatic balance**

When we *repeatedly* place ourselves in a *high-stress mode*, or when we are *hyper-vigilant* in looking for/or thinking about *stressors* that may affect us in some future moment, we engage the body's emergency response to stress.

Given that our body is composed of a community of 50 trillion cells, our *perception* thus controls the behaviour of our cells.

In addition, we all know that our *centre of command* is our *Brain and Nervous System*, in other words the *Mind*. So rather than behaving as programmed genetic automatons, *biological behaviour* is *dynamically* linked to the *environment* through its interpretation (*perception*) made by our *Mind*.



## Stress & Performance

***Stress is not all bad.*** A minimum amount of stress is required to keep us *alert* and help us going forward. This is where an *appropriate* amount of stress will create a *healthy tension* which will help us in reaching our *peak performance* (Fig. 1).

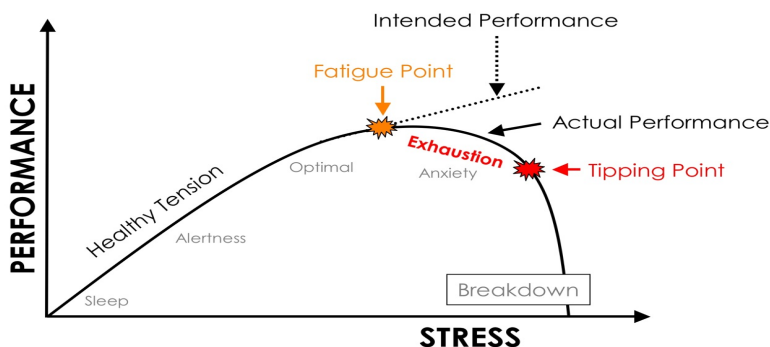


Fig. 1. Stress vs Performance

However, stress becomes toxic when we reach the *fatigue point*. Instead of continuing to increase our performance [as we would like or think it will], we soon reach *exhaustion*, when most of our energy stores are depleted and we cannot replenish our stock. From then onwards, it is all downhill!

By being continually on *emergency mode*, our body doesn't have the time or the resources necessary to repair or regenerate itself.

We then reach a *Tipping point* where the slightest arousal may precipitate a total breakdown, energetic, physical, mental, emotional and spiritual. This breakdown is also known as illness, injury or overload...

In other words, stress [*chronic stress*] occurs when we are unable to adapt to a situation when and where ***we perceive more challenges than support.***

**Stress is the inability to adapt to a  
changing environment or an  
increased pressure**

## What Happens At The Cellular Level?

There are two major ways our cells can respond to the environment. This is not only true for humans, but also for any living organism.

They can either be in **Growth Mode** or in **Protection/Survival Mode**.

For example, when we perceive that the environment is *safe and supportive*, our Mind signals to our cells that it is time to grow, expand and maintain the body in balance for optimum performance.

In contrast, stressful situations send different messages to our cells, telling them to adopt a defensive protective/survival attitude.

So, Stress [*which by the way is only a perception, as we mentioned earlier*] puts us on living in the emergency or protection mode, and as a consequence of being energetically drained where protection systems rob the growth systems.

This is because it takes energy to be in growth mode but it takes even more energy to be in protection/survival mode.

## The Protection mode robs the energy from growth processes

Thus, if the majority of our body cells are in protection/survival mode, they will consume the energy and steal it away from growth processes, resulting in our body being in default of energy and beginning to degenerate and fall into disease and dysfunction.

While our cells are either in growth or in protection, our body [*a cell community*] can vary from growth to protection with many variables (Fig. 2).

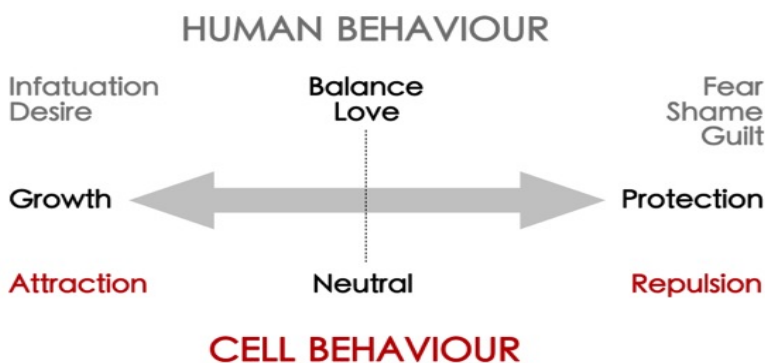


Fig. 2. Human behaviour & Cell behaviour.



## Biological Response To Love vs Fear

The body deals with growth and protection using two systems:

1. The **Visceral system** is the overriding system during growth. It provides the **metabolic support** and is comprised of Respiration, Digestion, Excretion, Reproduction, and Internal protection (Immune system).
2. The **Somatic system** is the overriding system during protection. It provides **physical support** and is comprised of Musculoskeletal, Connective Tissue and External protection (Skin).

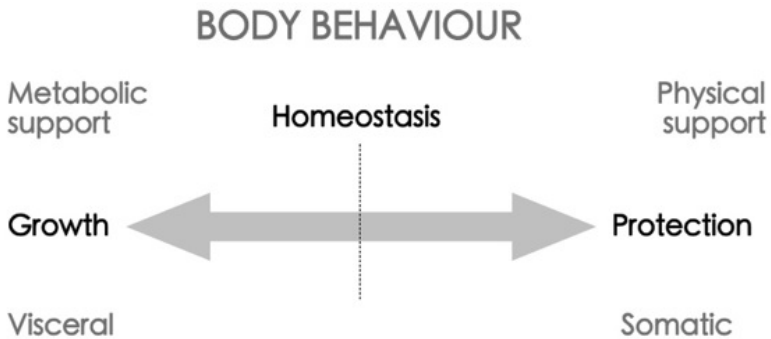


Fig. 3. Growth vs Protection mode.



## Biology Of The Stress Response

We, our body, respond to stress *via* two pathways: The *Neurological response* & the *Chemical response*.

The neurological response is immediate. The primary area of the brain that deals with stress is the *limbic system*.

Whenever we *perceive a threat*, our *limbic system* immediately responds via the *autonomic nervous system* [ANS] which is switched on in response to *something real or imagined* in our environment [*remember that anxiety is a perceived threat or danger*].

The ANS has two branches:

- The ***sympathetic nervous system*** [SNS] turns on the *Fight-or-Flight* response, the ***emergency branch***.
- In contrast, the ***parasympathetic nervous system*** [PNS] promotes the relaxation response. It is the ***calming branch***.

Together, the SNS and PNS *carefully maintain* metabolic equilibrium by making adjustments whenever something disturbs this balance (Fig. 4).

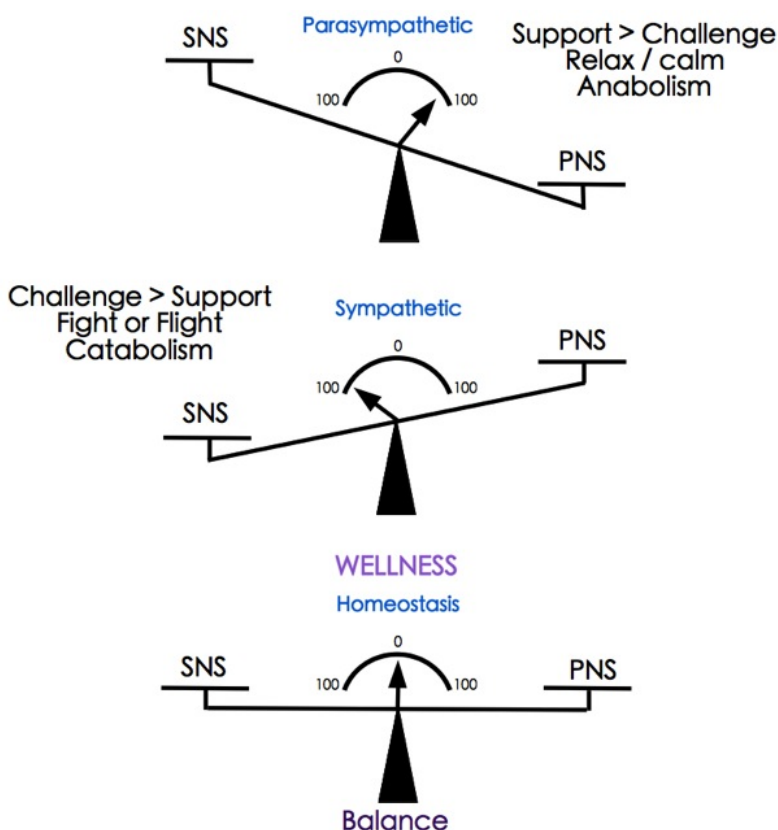


Fig. 4. Sympathetic & parasympathetic nervous system.

Because of the ***hierarchical dominance of the SNS over the PNS*** (this was hardwired by evolution to ensure the survival of the species), it often requires conscious effort to initiate the relaxation response and re-establish metabolic equilibrium.

***I'm sure you have experienced that by yourself...***

Our sympathetic nervous system does an excellent job of rapidly preparing us to deal with *what is perceived as a threat to our safety*.

Once the SNS is activated, it then passes the information to the *neuroendocrine system*, in particular the *adrenal system* in the body that switches between the growth (Visceral) and protection/survival (Somatic) modes via the release of “stress hormones” such *epinephrine* (adrenalin) and *cortisol*.

In the growth mode, the visceral system is in charge. When a threat is perceived, the adrenal system sends *protection signals* [adrenalin and cortisol] which activate the somatic system, and the body goes into the protection/survival mode.

In the protection/survival mode, blood flow is squeezed out of the viscera and is channelled to the muscles and skeletal system. Our breathing, heart rate and blood pressure increase to prepare the body for emergency.

In addition the blood flow is suppressed in the *forebrain* and routed to the *hindbrain* stem where the *Fight-or-Flight* response kicks in.

**The Fight-or-Flight response is all  
about mobilising energy  
for immediate action**

The body shuts down or limits various functions such as growth, reproduction, the immune system and we end up in a state of *heightened awareness* ready to fight or flight.

Intelligence goes down as far as calm and rational thinking is concerned, and reactive, instinctive processes take the command. We *unconsciously react* instead of consciously planning our actions.

**In the protection/survival mode,  
we act as automatons,  
simply reacting to the  
environment**

If you have ever felt unable to think, brain fogged or uneasy with knots in your stomach, you know that just moved into the protection/survival mode.

## In a Nutshell

*The main biological system involved in mediating stress is the limbic system with the sympathetic nervous system (SNS) which links the brain to the other internal organs, regulating basic bodily functions.*

Any stressful stimulus leads to the activation of the Hypothalamus-Pituitary-Adrenal (H-P-A) activation that normally persists for a short time. *Excessive or repeated perceived stressful events lead to a hypersensitive H-P-A axis that is susceptible to stimulation and may lead to many stress-related diseases.*

This explains why a seemingly small stressor delivered shortly after a previously stressful event can lead to a significant illness.

### The H-P-A Axis

Similarly to the neurological response, the *chemical response* can be triggered by a mere *internal thought* as well as a reaction to our *environment*.

Under stress, the *brain* fires diverse neural networks which send a signal to the *hypothalamus*

that will then signal to our cells to produce the appropriate behaviour in response to the signal (Fig. 5). Although the *hypothalamus* represents less than 1% of the brain mass, it is the most important of all the motor output pathways of the limbic system.

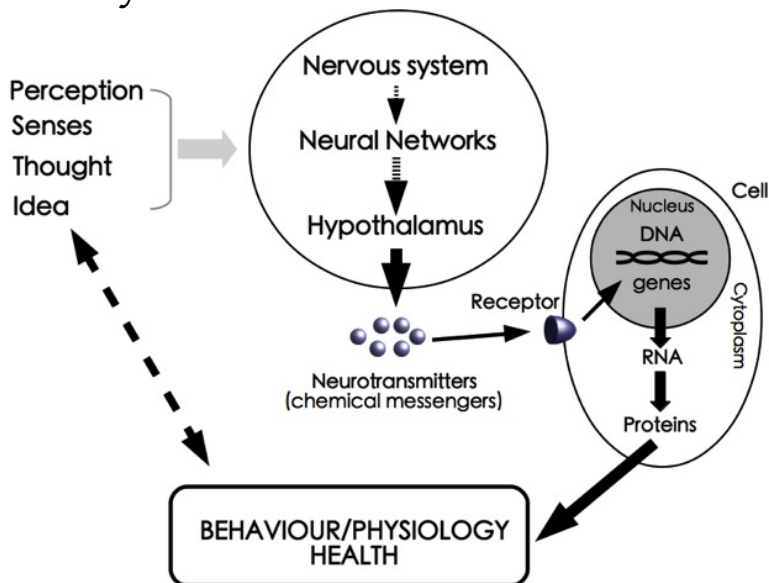
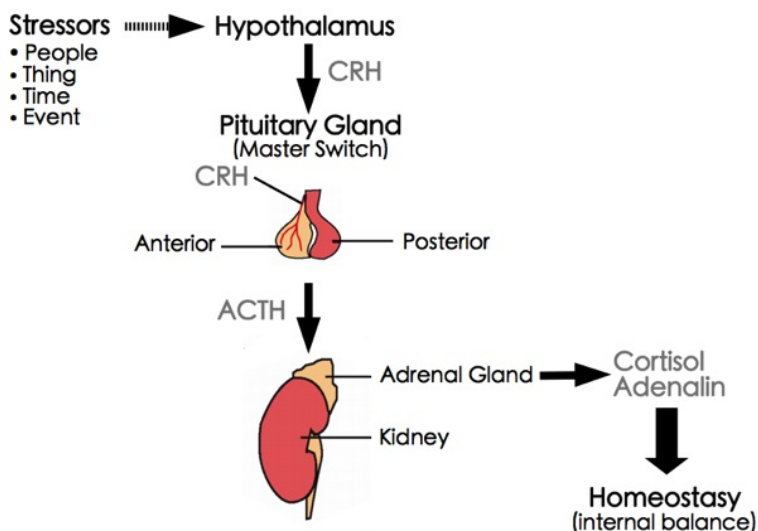


Fig. 5. The Chemical Response

The hypothalamus controls most of the *vegetative* and *endocrine functions* of the body as well as *aspects of emotional behaviour*. In the stress response, a *chemical messenger*, **corticotropin-releasing hormone** [CRH] is released from the hypothalamus to signal to the pituitary gland [Master switch].



When the pituitary gets the signal, it relays the signal by making a secondary messenger, **adrenocorticotrophic hormone** [ACTH] that goes to the *adrenal glands* that in turn secrete adrenal hormones [**glucocorticoids**, **cortisol** and **adrenalin**] which ultimately change the internal order of the body (Fig. 6).



**Fig. 6.** The Hypothalamus-Pituitary-Adrenal axis.



## How Stress Affects Our Hormonal Balance

The hypothalamus regulates the following *endocrine systems* through the secretion of specific *releasing hormones*:

- **Cortisol** – Corticotropin releasing hormone [CRH]
- **Thyroid** – Thyrotropin releasing hormone [TRH]
- **Gonads** – Gonadotropin releasing hormone [GnRH]

As mentioned before, the hypothalamus releasing hormones travel to the pituitary gland where they stimulate or inhibit secretory cells to control the release of *anterior pituitary hormones* that regulate the following system:

- **Adrenal** – Adrenocorticotrophic hormone [ACTH]
- **Thyroid** – Thyroid stimulating hormone [TSH]
- **Gonads** – Luteinising hormones [LH] & follicle stimulating hormone [FSH]

These stimulating factors act on organs and effect regulatory roles (Fig. 7).

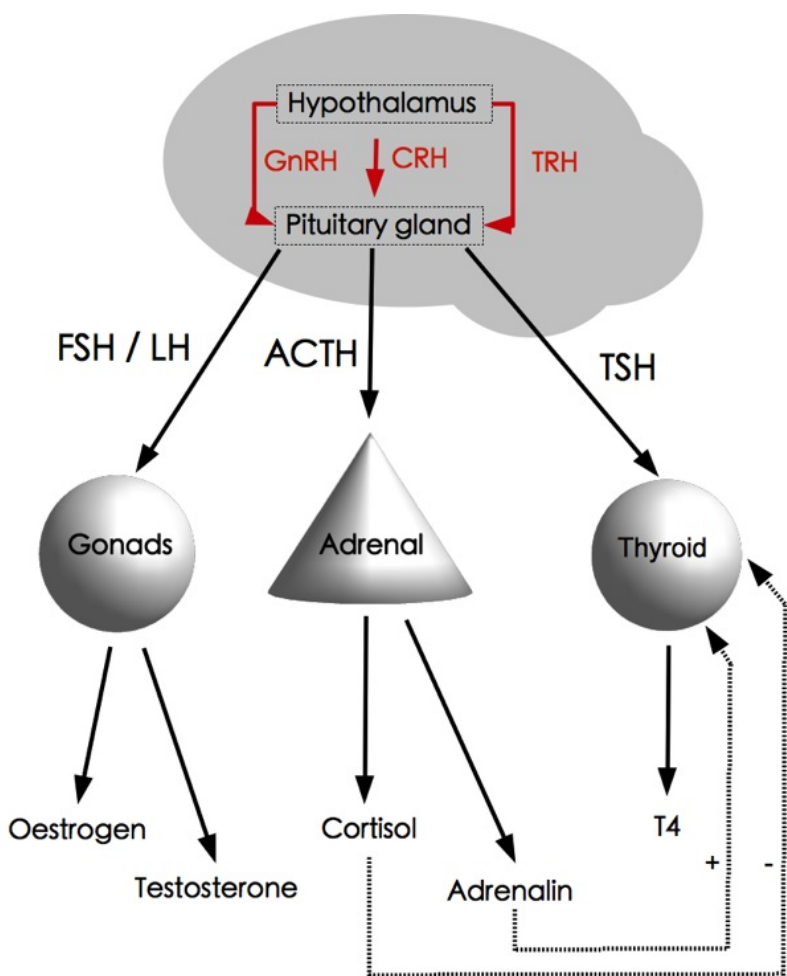


Fig. 7. Our Hormonal network.

The maintenance of life depends on the capacity of the body to sustain a relatively constant internal equilibrium.

**The ability of an organism to respond to stress is one of the oldest of all physiological survival mechanisms**

***Stress compromises immunity***, both the innate and cellular immune responses thus leading to diminished vaccine response, increases the risk of viral and bacterial infections, slows down wound healing, and alters autoimmune diseases. Thus, we can suffer from immune-mediated diseases like allergies, infectious influenza, etc. The more stress in our life, the more frequently we get sick, and the effects of a compromised immune system show up in many forms.

**Chronic stress shuts down our immune system**

***Stress also causes tissue damage*** through oxidative stress via the production of *reactive oxygen species* (ROS) that can damage cellular lipids membranes, oxidise proteins and finally

damage our genetic blueprint, our DNA. All this contribute to ageing of our cells and body...

## Chronic stress damages our cells

Reproductive processes such as ovulation and sperm production are also affected by stress. ***The reproductive system is inhibited*** at all levels by various components of the H-P-A axis. CRH suppresses the secretion of GnRH. Glucocorticoids inhibit the GnRH neuron, the pituitary gonadotrophs and the gonads, and in turn render target tissues of gonadal steroids resistant to these hormones, thus suppressing reproductive function.

Impotence, infertility and miscarriage are all common side effects of *chronic stress*.

## Chronic stress suppresses reproductive function

Life stress was shown to accelerate the shortening of *telomeres*, little DNA-Protein structures that cap

the end of our chromosomes to protect them from being degraded. As our cells divide, telomeres shorten. Our body has evolved mechanisms to compensate telomere shortening.

However, psychological stress and chronic stress lead to increased oxidative stress, and telomere shortening which are both determinant of our longevity. Women with the highest levels of perceived stress have telomeres shorter on average by the equivalent of at least one decade of additional ageing compared to “low stress women”.

### **Chronic stress accelerates ageing**

***Chronic stress increases our blood sugar levels*** by altering the activity of the pancreas, the liver, and the storage mechanism in fat cells, and is also responsible for many aches and pains that we experience. For example, if the H-P-A axis is hyperactive, cells in the body may stop taking up glucose in response to insulin, and diabetes may result.

## **Chronic stress increases blood sugar levels**

Excess CRH plays a role in mood and sleep disorders, and contributes to phobias, panic attacks, depression, behavioural & cognitive disorders, and insomnia.

*When we are living in protection mode, our brain becomes attuned to function as a radar sweeping the environment.*

When a threat is perceived, we are instantly on alert, and we move into a state of *heightened anticipation* [sometimes over expectation] that something potentially harmful could happen.

**When we anticipate being in the  
presence of a stressful situation,  
we experience stress symptoms**

Increased CRH and cortisol also affect thyroid function and lead to decreased production of thyroids hormones.



## **Chronic suppresses thyroid function**

Our internal chemical balance is always reacting in response to our perception of the environment.

Chronic stress, the repeated process of keeping the stress response activated all the time, is what really does the damage. Cells in permanent stress will *either* die or go into disorganisation, and the [cellular] community will fall apart, leading to the apparition of cancer and other illnesses. When the stress response is constantly activated, we are headed for disease.

**Our bodies are not designed  
for long-term stress!**



## Cortisol, The Stress Molecule

Cortisol is an important hormone in the body that is produced in the *adrenal cortex* in response to ACTH released by the pituitary gland.

Cortisol plays an important role in regulating important endocrine functions. Cortisol is needed for nearly all dynamic processes in the body:

- Blood sugar levels.
- Energy production.
- Blood pressure.
- Regulation and kidney function.
- Fat building.
- Muscle building and protein synthesis.
- The inflammatory response.
- The immune system and healing.

*High levels of cortisol damage the immune system, shutting it down to save energy that will be available to serve the stress situation. Thus, when we are involved in a stress reaction, the body systems responsible for repair and regeneration are compromised.*

Because nothing is ever one-sided in life, here are both sides of cortisol:

- If we have ***too little cortisol***, we may suffer from ***fatigue, chronic fatigue, and exhaustion***.
- If our adrenal glands are producing ***too much cortisol***, we may develop conditions such as ***weight gain***, especially around the abdomen, ***depressed immune function*** with all of the consequences, ***accelerated aging*** and ***stomach ulcers***.

Problems arise when we are *repeatedly* [chronically] *stressed* because our growth systems and immune systems are constricted or shut down. This is why we experience more sickness during periods of high stress, lose our intelligence, and react automatically or instinctively. If we are repetitively under stress, it will take us much longer to heal, because that process isn't a high priority item.

*An important function of cortisol is to make the thyroid work more efficiently.* An optimal amount of cortisol [not too high and not too low] is crucial for normal thyroid function. Every cell in the body has receptors for both cortisol and thyroid hormones and nearly every cellular process requires optimal functioning of the thyroid.

- So, when *cortisol levels are low*, caused by *adrenal exhaustion*, **thyroid is less efficient** at doing its job of increasing energy and metabolic activity.
- *Too much cortisol [again caused by the adrenal gland's response to excessive stressors]* causes the tissues to no longer respond to the thyroid hormone signal. It creates a condition of **thyroid resistance**, meaning that thyroid hormone levels can be normal, but tissues fail to respond as efficiently to the thyroid signal.

This resistance to the thyroid hormone signal caused by high cortisol is not just restricted to thyroid hormone but applies to all other hormones such as insulin, progesterone, oestrogens, testosterone, and even cortisol itself.

So, when cortisol gets too high, we start getting resistance from various hormone receptors and more hormones are required to create the same effect.

## Chronic stress leads to hormone resistance

In our current high-stress society, the body's stress response is activated so often that our body doesn't always have a chance to return to balance, resulting in a state of chronic stress.

None of the hormones are allowed to work at optimal levels. Stress hits the adrenals which either collapse in fatigue and fail to produce enough stress hormones (*functional thyroid deficiency*) or overproduce cortisol causing overall hormone resistance.

### Cortisol & Blood Sugar Levels

Cortisol helps maintain blood glucose levels by activating gluconeogenesis, the breakdown of tissue proteins to amino acids and then to glucose. Elevated cortisol levels can cause the loss of muscle tissue by facilitating the process of converting lean tissue into glucose.

Too much cortisol caused by stressors over a prolonged period of time results in excessive breakdown of all structural tissues of the body including muscle, bone, skin and brain, causing accelerated aging. And, it also causes us to gain weight around the waist because our body will store fat there rather than burn it.

### **High cortisol levels result in insulin resistance**

Basically it takes more insulin to drive glucose into the cells.

### **Cortisol & Widespread Effects**

When cortisol is high the brain also is less sensitive to oestrogens. Adequate levels of cortisol are necessary to acutely activate the immune system when we are exposed to viruses. When the adrenals are just too tired to make any more cortisol we are vulnerable to viral infections.

In bones, high cortisol activates nearly every biochemical pathway involved in bone resorption. Cortisol specifically inhibits osteoblast activity, or bone building; it suppresses the production of

androgens [*male hormones*] in the gonads [*androgens build bone*]; it activates osteoclasts which causes bone to be resorbed faster and it decreases mineral absorption in the gut. There goes osteoporosis...

## Cortisol & Reproductive Hormones

In order for our body to meet the demands of unexpected stress it turns off temporarily testosterone, thus putting a short-term halt to its important work in regard to human growth and reproduction. *When the level of testosterone in the body is too low due to high levels of cortisol, normal growth and reproduction processes are jeopardized.*

**The halting of female ovulation and male sperm release are two effects of high cortisol levels**

Another is the halting of sex-hormone manufacturing by the body (*testosterone, progesterone and oestrogen*), which can adversely affect sexual desire, menstruation, ejaculation, mood and other bodily functions dependent upon these hormones.



Continued high levels of cortisol can eventually lead to depression, decreased strength and performance in athletes.

### **Cortisol, DHEA & Longevity**

The effects of cortisol extend beyond its direct impact on the body. Another problem with continually maintaining high cortisol levels have to do with another vital hormone produced by the adrenal glands, *Dehydroepiandrosterone (DHEA)*, an hormone responsible for cell repair.

**DHEA is an androgen produced by the adrenal glands and the ovaries**

It helps to neutralize cortisol's immune-suppressant effect, thereby improving resistance to disease. DHEA slows down aging, strengthens the immune system and improves the mood. It also helps to protect and increase bone density, guards cardiovascular health by keeping "bad" cholesterol (LDL) levels under control, provides vitality and energy, sharpens the mind, and helps maintain normal sleep patterns.

Finally, DHEA is the main ingredient the body uses to manufacture testosterone.

**When DHEA levels are low the body does not have the biological resources to repair itself**

Just for your information, *it takes about thirty minutes after a stressful event for the body to break down cortisol molecules.* They are then reassembled into the necessary building blocks for DHEA.

**Everything is connected and interdependent within our body and beyond**

The balance between cortisol and DHEA is what maintains homeostasis (Fig. 8).

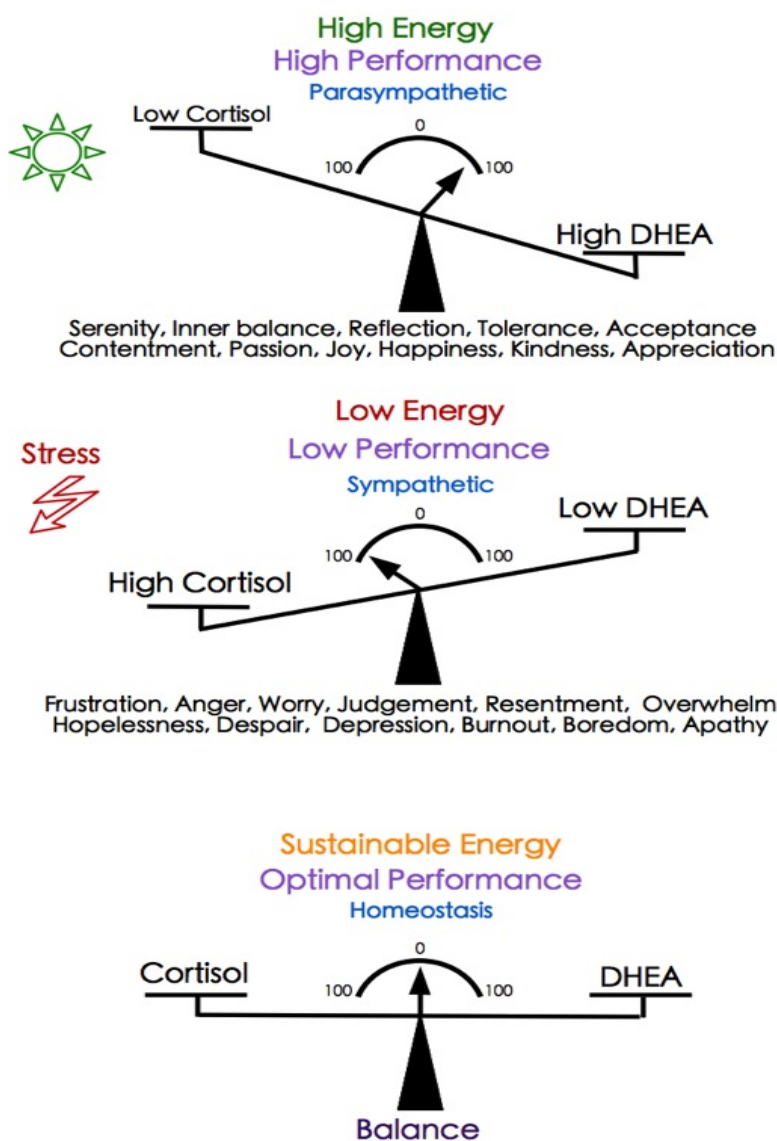


Fig. 8. Stress, Emotions & Hormonal *im*-balance.

*“To separate the mind from the body is futile, for both are interconnected, interdependent and provide feedback mechanisms to each other in order to maintain balance. Wise is the person that can understand and decode its body’s signals, for they are the barometer of the Soul.”*

**Dr Olivier J. Becherel**

## The Cell's Response To Chronic Stress

Cells in a community can adopt three responses to extended period stress:

1. ***Shrink and die.***
2. Excrete things out of their immediate environment in an attempt to reduce the stress [*high energy consumption*], which is not sustainable over long period of time.

***They try to adapt their environment to them.***

3. ***They can adapt to the conditions of their environment*** and change the expression of their genes to adapt the stress environment.

## In a Nutshell

Saint Augustine wrote many years ago...

***“The Will of God is equilibrium”***

When we match the will of God by having a balanced perception, we gain wisdom and wellbeing. ***The balancing of our perception is what maintains our inner bio-chemical organisation and flow.***

## **Wellness comes from having a balanced perception**

So, now that we've talk about stress and its effect on our body and wellbeing, let's go a little deeper and look at the relationship between the Heart, the Brain and the Body.

# About the Authors

**Marcia Becherel** M.D, Ph.D, N.D

## Human Potential Expert

Demartini Method® Facilitator

Trainer & Master Practitioner of NLP, Time Line Therapy™ and Hypnosis, Master NLP Coach.

Neuro-Emotional Technique (NET) Practitioner

HeartMath® Licensed Provider

International speaker and Author

Marcia holds a Medical Degree from Brazil with specialization in Children's Health (Paediatrics) and a Ph.D in Microbiology and Public Health from Michigan State University, USA. In parallel with her medical and scientific career, Marcia has studied extensively Natural Therapies, Energy Medicine and Neuro-linguistic Programming (NLP). Marcia is a Naturopath, a certified Trainer & Master Practitioner of NLP, Time Line Therapy™ and Hypnosis, and Facilitator of the Demartini Method® (Quantum Collapse Process) that provides Wellness and Life Coaching.

Marcia's holistic approach to personal growth and self-empowerment integrates her medical expertise, scientific experience, knowledge of natural therapies, energy medicine, healthy lifestyle, and the cutting edge techniques of NLP and the Demartini Method® for profound personal change to provide her clients with tailored solutions to quickly achieve optimum health, balance and excellence.

# Olivier J. Becherel Ph.D

## Human Potential Expert

Trainer & Master Practitioner of NLP, Time Line Therapy™ and Hypnosis, Master NLP Coach.  
Cell Biologist, Senior Researcher  
International speaker, Author

Olivier holds a Ph.D in Molecular Genetics & Cell Biology from Louis Pasteur University, France. Olivier is a Senior Research Officer at the Queensland Institute of Medical Research in Brisbane, and his work focuses on elucidating the molecular and cellular aspects of neurodegeneration.

Olivier is certified Master Practitioner of NLP, Time Line Therapy™ and Hypnosis, and has ferocious curiosity & inspiration for the human mind and its unlimited potential. As a NLP Coach, Olivier combines his scientific knowledge on brain research, medical research, and human behavior expertise to design technologies to unleash the power within individuals and help them achieve excellence, live a rich, joyful and meaningful life.

As a senior scientist, Olivier has also supervised students and post-graduate students for the past 10 years and taught them some these life-changing strategies. Olivier is the author of **The Missing Guide for Students** – *Secrets to Succeeding in Your Studies and Realizing Your Potential*. The only self-help guide available specially written for students!

[www.TheMissingGuideforStudents.com](http://www.TheMissingGuideforStudents.com)