

# Strong Innovations'

## Rapid Relief Technique - Emotional Freedom Now

### Some Testimonials:

#### Vertigo with Headache

*"I have had bouts of severe vertigo with headache for decades, sometimes so intense I can't lie down, sit, stand or walk without feeling extremely dizzy, with headaches, nausea and fatigue. I have seen countless doctors and specialists about it over the years with little or no help. I was always told it needed to "run its' course" which often would take weeks, so my only remedy was to restrict my activities and take medication.*

*During my last episode I could not walk down my hallway without holding the walls with both hands and was 14 hours into a typical very bad vertigo attack, and decided to try the Rapid Relief Technique. Within 5 minutes Duane had gotten me from an intensity level of 10 out of 10 to a 0. In fact, I did not even notice that I was now standing and laughing about my quick recovery, while turning around and picking up a newspaper off my floor. I was gratefully shocked, the speed and ease of it did not make sense to me, but it worked. Coincidentally, I have not had vertigo since. Unbelievable."*

Phyllis M.

#### Traumatic Events, Memories and PTSD

*"Over 5 years ago, my family and I experienced some 'bad luck' surrounding the purchase and ownership of some property. It emotionally and financially drained us. The mere mention of it, thought of it, or seeing something that reminded me of it would make me well up with tears and cause my anxiety to run high. I had received professional counseling and had even been prescribed anti-depressants to try and relieve my emotional pain, without any significant improvements.*

*I decided to try Rapid Relief. In one session Duane was able to discharge all of the negative emotions associated with that event in my life. I can fully remember all the same negative situations that used to drive me crazy, but they have no emotional power anymore. It's almost like I feel it happened to someone else. What a weight to have had lifted from my psyche."*

L.A.

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### **Back Pain**

*"I have degenerated discs in my lower back. While doing some gardening I put my back out. After 3 days of intense pain, wearing a back brace, popping Advils and restricting my activities, I gave Rapid Relief a try.*

*The techniques were so unusual and silly, that my skeptical spouse couldn't even watch Duane work with my meridian pressure points, turning away while Duane did his work. Within a few minutes I was standing and sitting perfectly straight, able to bend and turn, and my spouse turned back around in amazement as I ripped off my back brace I no longer needed. I went from an 8 to a 0 on the pain scale. It stayed that way for the rest of the day. The next day it returned slightly as only a 4 and I could not arrange to have Duane do another session, but it healed rapidly, and in the mean time a 4 was more than bearable."*

Carmen M.

### **Cravings**

*"I'm a student nurse, I love ice cream and often have high cravings for it. During a recent craving I used these techniques to see if I could diminish them.*

*In less than 2 minutes my craving completely subsided, and I did not want it, even after tasting it to see if I could bring back up my desire. Shortly after, while half way through a diet pop I was dying to have, I applied the techniques to myself again, and then walked up to the sink and poured it down the drain. It did not require any self control or willpower. I simply did not want it any longer."*

Erica D.

### **Fear of Rejection and Call Reluctance**

*"I had started a new career in sales and was having a high level of call reluctance and fear of rejection. Logically, I knew this was silly, but emotionally it really was if my brakes were locked. These feelings quickly collapsed after some time with Duane. In fact, I now love making cold calls, asking for the sale and following up with leads. It not only saved my sales job, it lead to me becoming the Sales Manager."*

Chris MacM.

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### **Chronic Neck and Shoulder Pain**

*"For the past several years I have had a heavy feeling in my upper shoulders, trapezius muscles and stiffness in my neck. I always associated it with stress, but it was constantly there, only the intensity level changed from time to time for various reasons.*

*Rapid Relief relieved it. It has been months since my session, and I have not had the slightest return of it. I had tried massage, stretching and yoga, with no relief. This worked."*

Leigh T.

### **Feelings of Embarrassment and Inadequacy**

*"We recently had a wonderful baby boy. Everyone is healthy and happy, but I could not deliver him naturally. For some strange reason, this made me feel inadequate and embarrassed around other moms. Even if the topic never came up in conversation all I would have to do is think about it and I would just cry, how I let my son and myself down. I felt this was silly and overblown, but that did not change how I felt.*

*Duane quickly addressed these feelings using Rapid Relief and it gave me complete emotional freedom. I am almost waiting for those feelings to 'pop up' again in those situations, because I know how I felt, but it doesn't. What a huge release and relief for me and my little boy."*

Azadeh G.

**Try it on everything !**

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