

# The ADAPTOGEN PROGRAM for Stress Relief and Optimal Health

## Outline of Topics

### Your Body;

- ✓ **The Importance of Relaxation...** Why & how to relax. Current thinking about stress and creating your counter-vortex.
- ✓ **Body Talk...** Learn about your body's high-speed information system and how to tune into it for improved self-regulation.
- ✓ **Is Exercise for You?...** Learn how to bypass your resistance to exercise before you need a bypass. Six that could make you younger (honest).
- ✓ **Beginning Your Personal MAP...** Learn how you will create an individualized plan that fits YOU and what you are ready to do at this moment in your life.

### Your Mind;

- ✓ **Thoughts...** Are you really in control of them? When you are, when you are not, how to know the difference, and what you can do about it. "Let me get back to you."
- ✓ **Taking Back Control...** Learn tools that help you be in charge of your thinking.
- ✓ **Meditation, Breathing and Biofeedback...** What is 'Heart Rate Variability'? Why it's important to your health? How to improve yours.

### Your Emotions;

- ✓ **Why You Need Them and What to do About Them...** Do you have emotions or do your emotions have you? Your built-in biofeedback system. Learn ways to feel better.
- ✓ **Taking Back Control...** Learn tools that help you be in charge of your emotions.
- ✓ **Anger, Resentment and Forgiveness...** Learn the difference between 'good and bad' anger and how to learn to forgive and let go.

### Your Energy;

- ✓ **Why Energy is Critical to Your Well-being and How to Generate More...** Stop being energy dependent. Learn how to become energy self-sufficient.
- ✓ **Taking Back Control...** learn tools that help you build your energy reservoir.
- ✓ **How to Protect and Preserve Your Energy and When Not To...** Learn about 'Energy Vampires', other energy suckers, and healthy countermeasures.
- ✓ **Odds & Ends, Review, and Questions...** Preparing to put your MAP together.

### Your Map;

- ✓ **Putting It All Together and Resetting Your Intention...** *Looking at Life as an experiment and experience as the raw data. Putting what you now know onto paper and into your Life.*
- ✓ **Tricks and Tools for Success...** *Learn ways to increase your odds of winning and how to get back on track when you're not.*

**Application Form for The ADAPTOGEN PROGRAM: (Please print)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: #:1) \_\_\_\_\_

#:2) \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Please list your reasons for your interest in this course. Please include symptoms which distress you.

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Please note: Receipt of application is not a guarantee of acceptance into the group. All applicants will be interviewed by phone or in person prior to acceptance into the program.

*I, \_\_\_\_\_, understand that the Adaptogen Program is not psychotherapy or treatment for any mental or physical condition(s) that I may have and that it is intended as an educational experience. I also agree that I will consult with my primary physician or other qualified medical professional prior to using anything mentioned in the MAP program which could affect my physical health. If I am uncertain about anything which may pertain to the previous statement, I will discuss this with Dr. Arnold Morgan or my primary physician.*

Signed \_\_\_\_\_

Date \_\_\_\_\_

Submit to: **Mail: Dr. Arnold Morgan, PO Box 492, Lincolndale, NY 10540**

e-mail information: [drarnoldmorgan@gmail.com](mailto:drarnoldmorgan@gmail.com)

Office phone: **(914) 248-5060 ext. 2**

For more about the MAP program: [www.partners-in-healing.com](http://www.partners-in-healing.com)